

# Whole Chicken

## Nutrition Facts

Chicken supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium. Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems. They are also building blocks for enzymes and hormones.

## Use and Leftover Storage

- Use your chicken whole or cut up and prepare it in any way you choose.
- After cooking your meat, store any leftover chicken in a tightly covered container in the refrigerator.
- Cooked chicken should be eaten or used within 3 to 4 days.



## Selection and Storage

- Fresh chicken should be cold to the touch when purchased. Use the plastic bags available at the meat department to keep chicken juices from dripping onto other foods.
- When you get home, put chicken in the refrigerator right away. Use the chicken within one to two days or freeze.
- Keep whole frozen chicken at 0 degrees F until ready to use. Use frozen chicken within 1 year for best quality.
- Thaw chicken safely. ① Plan ahead to thaw chicken in the refrigerator. A whole chicken takes 1 to 2 days. Store raw chicken in the fridge on the bottom shelf or on a pan to prevent raw juices from dripping on other foods. ② Submerge chicken in air-tight bag in cold water to thaw quickly; switch out this water every 30 minutes.
- Cook chicken immediately after thawing.

Be inspired with these tasty recipes and **WATCH** how to prepare a whole frozen chicken at [planatmove.com](http://planatmove.com):

- *Apple Chicken Salad*
- *Chicken Caesar Pasta*
- *Easy Chicken Pot Pie*
- *Hearty Comfort Soup*
- *Rockin' Chicken Tacos*



## Preparation Tips

- Do not rinse raw poultry. It can spread bacteria around your sink and splash it onto your countertops or onto other foods. Bacteria will be killed when cooked to a safe internal temperature (165 degrees F).
- Do not use a wooden cutting board for meats or poultry. Wooden cutting boards are hard to get clean.
- Harmful germs can be found in raw chicken. Be sure to fully wash hands, all utensils, and any surfaces the chicken may have touched.
- Chicken can be roasted whole or cut into parts and used in many recipes. Serve with rice and a vegetable for a quick and easy meal. Check chicken with a food thermometer for "doneness."



## Roasting a Whole Chicken

Roasting a whole chicken is easy. It is cheaper than buying breasts, thighs, and other pieces. By using a whole chicken, you can make several meals and make chicken stock for another meal or two. Follow this basic recipe to start, then try adding herbs and spices to the butter to make it your own recipe.

**Makes 10 servings**

**Serving size:** 5 ounces of meat

### Ingredients:

- 1 whole chicken
- 1 tablespoon butter
- 2 cloves of garlic, smashed (optional)
- 1 lemon, cut in half (optional)
- Salt and pepper to your liking

**Nutrition facts per serving:** 310 calories; 9g total fat; 2.5g saturated fat; 180mg cholesterol; 250 mg sodium; 0g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 53g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

### Making Chicken Stock:

In a large pot with a lid, cover chicken carcass, giblets, and neck with cold water. Bring to a boil, then reduce heat to medium low and simmer for at least 4 hours. You can also add herbs, vegetable ends or peels to the stock while it cooks. Strain the stock and discard solids (including the solid fat on the surface). Store in a container with a lid in the refrigerator for 2-3 days or in the freezer for up to 3 months.

### Directions:

1. Preheat oven to 400 degrees F.
2. Remove the giblets and neck from the chicken. Often, these parts are packaged and left in the neck or body cavity. Rub the entire chicken with butter. Sprinkle with salt and pepper.
3. Stuff the garlic and lemon halves into the chicken's body cavity. Tie the drumsticks (legs) together with a piece of clean kitchen string.
4. Place the chicken in a roasting pan or an oven-proof skillet and cook in the oven for 1 hour. Use a meat thermometer to make sure the chicken is at 165 degrees F.
5. Let the chicken rest for at least 10 minutes. Remove lemon and string, discard. Carve and serve.



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



USDA  
Supplemental  
Nutrition  
Assistance  
Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.