

Crispy Baked Chicken

Component: Meat/Meat Alternate

Main Dishes

D-29

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken thighs, raw, boneless, skinless	9 lb. 4 oz.				<p>1. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.</p> <p>2. In a separate bowl, combine flour, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.</p> <p>3. Coat oiled chicken with seasoned flour. Arrange approximately 25 pieces of chicken on each ungreased sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.</p> <p>4. Bake: Conventional oven: 400° F for 45-55 minutes. Convection oven: 350° F for 30-35 minutes.</p> <p>5. CCP: Heat to 165° F or higher for at least 15 seconds.</p> <p>6. Transfer to steam table pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>7. CCP: Hold for hot service at 135° F or higher.</p>
Vegetable oil		1 ½ cups			
Enriched all-purpose flour	1 lb.	3 ¾ cups			
Poultry seasoning		1 Tbsp. + 1 ½ tsp			
Ground black or white pepper		1 Tbsp.			
Paprika		1 ½ tsp			
Granulated garlic (adjust as needed)		1 Tbsp.+ 1 ½ tsp			

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Notes:
Nutrient information calculated using Food Processor

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 portion = 2 oz cooked meat
 1-2 years: ½ portion
 3-5 years: ¾ portion
 6-18: 1 portion

Nutrients Per Serving			
Calories	189.90	Saturated Fat	1.12 g
Protein	18.05 g	Cholesterol	66.89 mg
Carbohydrate	7.34 g	Vitamin A	1.91 RAE mcg
Total Fat	9.68 g	Vitamin C	0.02 mg
		Iron	1.39 mg
		Calcium	3.70 mg
		Sodium	73.43 mg
		Dietary Fiber	0.34 g (2016 = .08 g)