

# Baked Chicken

Component: Meat/Meat Alternate

Recipe Category: Main Dish

D-06 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw chicken thighs, without bone, without skin	6 lb 12 oz				<p>1. Place 12-13 chicken thighs in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.</i></p> <p>2. In separate small bowl, combine garlic powder, paprika, celery seed, onion powder, and black pepper. Mix well and sprinkle over chicken.</p> <p>3. Place chicken in oven and bake until lightly browned. Conventional oven: 375° F for approximately 35 minutes. Convection oven: 350° F for approximately 40 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p>4. Drain and discard liquid and fat.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Garlic powder (adjust or omit as needed)		1 Tbsp			
Paprika		1 Tbsp			
Celery seed, ground		½ tsp			
Onion powder		½ tsp			
Black pepper		½ tsp			

**Serving:** 1 ½ oz meat/ meat alt

**Yield:**

**Volume:**

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1-2 years:  $\frac{2}{3}$  serving (1 oz)  
3-5 years: 1 serving (1  $\frac{1}{2}$  oz)  
6-18 years: 1  $\frac{1}{3}$  serving (2 oz)

**50 Servings:**

**50 Servings:**

**100 Servings:**

**100 Servings:**

## NOTES:

Nutrient information calculated using Food Processor.

## Nutrients Per Serving

<b>Calories</b>	72.25	<b>Saturated Fat</b>	0.45 g	<b>Iron</b>	0.69 mg
<b>Protein</b>	12.48 g	<b>Cholesterol</b>	48.81 mg	<b>Calcium</b>	1.00 mg
<b>Carbohydrate</b>	0.25 g	<b>Vitamin A</b>	3.41 RAE mcg	<b>Sodium</b>	53.52 mg
<b>Total Fat</b>	2.24 g	<b>Vitamin C</b>	0.01 mg	<b>Dietary Fiber (2016)</b>	0.08 g