

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

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