## Crispy Baked Chicken Component: Meat/Meat Alternate

Component: Meat/Meat Alternate Main Dishes D-29

	50 Servings		Servings					
Ingredients	Weight	Measure	Weight	Measure	Directions			
Chicken thighs, raw, boneless, skinless	9 lb 4 oz				Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.			
Vegetable oil		1 ½ cups			2. In a separate bowl, combine flour, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.			
Enriched all- purpose flour	1 lb	3 ¾ cups			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.			
Poultry seasoning		1 Tbsp 1 ½ tsp						
Ground black or white pepper		1 Tbsp			Thoroughly wash, rinse, and sanitize surfaces and			
Paprika		1 ½ tsp			equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step.			
Granulated garlic (adjust as needed)		1 Tbsp 1 ½ tsp			4. Bake: Conventional oven: 400° F for 45-55 minutes. Convection oven: 350° F for 30-35 minutes.			
					Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.			
					5. Transfer to steam table pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.			
					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.			

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## Notes:

Nutrient information calculated using Food Processor

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