

# 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>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 30 minutes. Convection oven: 350° F for approximately 45 minutes.</p> <p>4. CCP: Cook until the chicken reaches an internal temperature of 165° F for 15 seconds</p> <p>5. Drain and discard liquid and fat.</p> <p>6. CCP: Hold for hot service at 135° F or above.</p>
Garlic powder		1 Tbsp			
Paprika		2 tsp			
Celery seed, ground		½ tsp			
Onion powder		½ tsp			
Black pepper		½ tsp			

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<b>Serving:</b> 1 ½ oz meat/ meat alt	<b>Yield:</b>	<b>Volume:</b>
1-2 years: ⅔ serving (1 oz)	<b>50 Servings:</b>	<b>50 Servings:</b>
3-5 years: 1 serving (1 ½ oz)		
6-18 years: 1 ⅓ serving (2 oz)	<b>100 Servings:</b>	<b>100 Servings:</b>

## NOTES:

Nutrient information calculated using Food Processor.

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