



## 825075 - Crispy Baked Chicken

Source: K12 Culinary

Number of Portions: 76

Size of Portion: servings

Alternate Recipe Name: Oven Fried Chicken

### Components:

Meat/Alt: 2 oz

Grains:

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

### Attributes:

Meat/Meat Alter

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050530 CHICKEN, CUT-UP, MEAT & SKIN, DARK MEAT,.....	40 LBS (raw pieces)	Thaw chicken in the refrigerator on the bottom shelf. It may take more than 24 hours to completely thaw.  Before dredging, remove excess skim, if necessary.
050393 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLE... 001092 MILK, DRY, NONFAT, INST, W/ VIT A..... 002028 PAPRIKA..... 002030 PEPPER, BLACK..... 002020 GARLIC POWDER..... 002029 PARSLEY, DRIED.....	2 lbs 1/4 cup 1/4 cup 1 TSP (ground) 1 tsp 2 Tbsp	Combine flour, nonfat dry milk, paprika, black pepper, garlic, and parsley in large bowl or 4 inch full size steamtable pan. Place chicken pieces in bowl or pan and dredge with flour mixture coating thoroughly and evenly.
826659 Food Release Spray, Butter, Butter Buds.....	76 (1/2 sec spary)	Preheat oven to 350 degrees. Line full size sheet pans with parchment paper or aluminum foil. Spray liner and exposed edges with pan release. One pan is needed for each type of chicken part - legs, breast, thighs, etc.  Place chicken parts on each pan with legs, breasts, thighs, and wings on the separate pans. Spray chicken pieces lightly with food release spray to encourage browning.  Bake until 165 to 170 degrees internal temperature. <b>Baking times will vary. Do not overcook as chicken will become dry.</b> <b>CCP:</b> Heat to 165° F or higher for at least 15 seconds

		<p>Place crispy baked chicken in 4 inch deep steamtable pan with breasts on one side, thighs on the other and legs/wings in the center.</p> <p>Use tongs to portion 1 breast, or 1 thigh, or 1 wing and 1 drumstick, or 2 drumsticks, or 3 wings for each serving.</p> <p><b>Important Note: Yield may vary depending on size of chicken pieces in a case. It is important to count the pieces of chicken and note this information in the event the recipe yield needs adjustment.</b></p> <p><b>CCP:</b> Hold at 135° F or higher.</p>
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*Nutrients are based upon 1 Portion Size (servings)													
Calories	316	kcal	Cholesterol	98	mg	Sugars	*0.2*	g	Calcium	21.11	mg	48.82%	Calories from Total Fat
Total Fat	17.16	g	Sodium	96	mg	Protein	28.77	g	Iron	2.07	mg	13.00%	Calories from Saturated Fat
Saturated Fat	4.57	g	Carbohydrates	9.49	g	Vitamin A	395.2	IU	Water <sup>1</sup>	*0.06*	g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00*	g	Dietary Fiber	0.47	g	Vitamin C	0.1	mg	Ash <sup>1</sup>	*0.06*	g	12.00%	Calories from Carbohydrates
											36.37%	Calories from Protein	
*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient													
* - denotes combined nutrient totals with either missing or incomplete nutrient data													
<sup>1</sup> - denotes optional nutrient values													
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.													