



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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050530 CHICKEN, CUT-UP, MEAT & SKIN, DARK MEAT,.....	40 LBS (raw pieces)	
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED...	2 lbs	
001092 MILK,DRY,NONFAT,INST,W/ ADDED VIT A & VI.....	1/4 cup	
002028 PAPRIKA.....	1/4 cup	
002029 PARSLEY,DRIED.....	2 Tbsp	
002030 PEPPER,BLACK.....	1 TSP (ground)	
799903 GARLIC,GRANULATED.....	1 tsp	
826659 Food Release Spray, Butter, Butter Buds.....	76 (1/2 sec spray)	

		<p>Place crispy baked chicken in 4 inch full size pan with breasts on one side, thighs on the other and legs/wings in the center. Use tongs to portion for service. One portion equals:</p> <ul style="list-style-type: none"> • 1 breast Or • 1 thigh Or • 1 wing + 1 drumstick Or • 2 drumsticks Or • 3 wings <p>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 if the recipe yield needs adjustment.</p> <p>CCP: 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	21.10 mg	48.84%	Calories from Total Fat
Total Fat	17.16 g	Sodium	96 mg	Protein	28.77 g	Iron	2.07 mg	13.01%	Calories from Saturated Fat
Saturated Fat	4.57 g	Carbohydrates	9.49 g	Vitamin A	395.2 IU	Water ¹	*1.48* g	*0.01%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.47 g	Vitamin C	0.1 mg	Ash ¹	*0.12* g	12.01%	Calories from Carbohydrates
								36.39%	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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.