

# Oven-Bake Chicken

Meat

Main Dishes

D-29

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cut up, thawed (USDA-donated, whole, cut into 8 pieces)	12 lb 4 oz		24 lb 8 oz		<ol style="list-style-type: none"> <li>Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.</li> <li>In a separate bowl, combine flour, dry milk, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.</li> <li>Coat oiled chicken with seasoned flour. Place 12-13 pieces on ungreased half-sheet pans (13" x 18" x 1"). For 25 servings, use 2 pans. For 50 servings, use 4 pans.</li> <li>Bake until golden brown:                      Conventional oven: 400° F for 45-55 minutes                      Convection oven: 350° F for 30-35 minutes                       CCP: Heat to 165° F or higher.</li> <li>CCP: Hold for hot service at 140° F or warmer.</li> </ol> <p>Portion is 1 breast, or 1 drumstick and 1 wing, or 1 thigh with back.</p>
Vegetable oil		¾ cup		1 ½ cups	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Instant nonfat dry milk	4 oz	1 ½ cups 2 Tbsp	8 oz	3 ¾ cups	
Poultry seasoning		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Paprika		¾ tsp		1 ½ tsp	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	

Serving bone-in poultry presents a choking hazard for young children, especially ages 2-3. To avoid children choking on bones, remove the cooked poultry from the bones prior to serving.

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SERVING:	YIELD:	VOLUME:
1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz of cooked poultry and the equivalent of ½ slice of bread.	<b>25 Servings:</b> 10 lb 10 ½ oz <b>50 Servings:</b> 21 lb 5 oz	<b>25 Servings:</b> 2 pans <b>50 Servings:</b> 4 pans
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Nutrients Per Serving					
<b>Calories</b>	343	<b>Saturated Fat</b>	4.66 g	<b>Iron</b>	1.77 mg
<b>Protein</b>	29.31 g	<b>Cholesterol</b>	87 mg	<b>Calcium</b>	74 mg
<b>Carbohydrate</b>	9.68 g	<b>Vitamin A</b>	307 IU	<b>Sodium</b>	105 mg
<b>Total Fat</b>	19.99 g	<b>Vitamin C</b>	0.4 mg	<b>Dietary Fiber</b>	0.3 g