

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) OR	12 lb		24 lb		1. Rinse chicken in cold water. Drain well.
Chicken, cut up, thawed (USDA-donated, whole, cut into 9 pieces)	11 lb		22 lb		
All-purpose flour	8 oz	1 3/4 cups	1 lb	3 1/2 cups	2. Combine flour, dry milk, poultry seasoning, pepper, paprika, and garlic powder. Mix well. 3. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly. 4. Coat oiled chicken with seasoned flour. Place on ungreased sheet pans (18" x 26" x 1"), approximately 25 pieces per pan. 5. To Bake: Conventional Oven: 400 degrees F, 45 to 55 minutes Convection Oven: 350 degrees F, 30 to 35 minutes Bake until golden brown. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Instant nonfat dry milk	4 oz	1 1/2 cups 2 Tbsp	8 oz	3 1/4 cups	
Poultry seasoning		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Black pepper		1 1/2 tsp		1 Tbsp	
Paprika		3/4 tsp		1 1/2 tsp	
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Vegetable oil		3/4 cup		1 1/2 cups	

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 1/2 slice of bread	25 Servings: 1 sheet pan 50 Servings: 2 sheet pans	25 Servings: 50 Servings:

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Nutrients Per Serving

Calories	320	Saturated Fat	4.0 g	Iron	1.7 mg
Protein	29 g	Cholesterol	100 mg	Calcium	75 mg
Carbohydrate	10 g	Vitamin A	49 RE/198 IU	Sodium	105 mg
Total Fat	17.5 g	Vitamin C	2 mg	Dietary Fiber	0 g