

626: BAKED CHICKEN..(A)

Srv Utl	TONGS/SCALE	Calories:	215 kcal	Saturated Fat:	2 g	Dietary Fibe	0 g	Calcium:	15 mg
Portion Size:	3 OZ	Protein:	27 g	Cholesterol:	72 mg	Vitamin C:	0 mg	Sodium:	196 mg
Yield:	50	Fat:	11 g	Carbohydrate:	1 g	Vitamin A:	407 IU	Potassium	218 mg
		50 Portions		75 Extended Portions		HACCP Procedure			
MARGARINE, MELTED	2 CUP	\$1.08		Unit					
				3 CUP		\$1.62			
PAPRIKA	1 TBS	\$0.13		1 TBS 1 1/2 TSP		\$0.19			
SALT, IODIZED	1 TSP	\$0.00		1 1/2 TSP		\$0.00			
FLOUR, ALL PURPOSE	4 TBS	\$0.02		6 TBS		\$0.03			
CHICKEN PIECES (PHF)	18 LB 12 OZ	\$19.13		28 LB 2 OZ		\$28.70			Cook to internal temp of 165 Deg F
HACCP INSTRUCTION		\$0.00				\$0.00			Maintain holding temp 140 Deg F or above
		Total Cost:	\$20.36			\$30.54			
		Per Portion Cost:	\$0.41			\$0.41			

Methods

1. Mix flour, salt and paprika. *** Remove skin for calorie controlled/diabetic diets portions that call for skin removed.
2. Dredge chicken pieces with seasoned flour.
3. Place chicken pieces in single layer on baking sheet sprayed with pan spray
4. Brush each chicken piece with melted margarine
5. Bake at 350 deg F for 1 hour or until chicken is brown and tender

CCP: TO INTERNAL TEMPERATURE OF 165 DEG F

CCP: MAINTAIN HOT HOLDING TEMPERATURE OF 140 DEG F OR ABOVE

DIETS:

2-3 GM SODIUM - OKAY

DIABETIC/AWT CONTROL - 3 OZ PRO = 3 OZ PORTION; REMOVE SKIN *** IF MENU CALLS FOR CHICKEN W/O SKIN

CCD - OKAY WITH SKIN ON

LOWFAT/LOWCHOL - OKAY

LIBERAL BLAND - OKAY

DIALYSIS/DIALYSIS LCS - OKAY

PRE DIALYSIS/PRE DIALYSIS - LIMIT TO 2 OZ

PUREE - Remove portions required from the regular prepared recipes. De-bone meat prior to blending. (Weigh meat only - do not include cooking juices or gravy). Process until fine in consistency.

Combine HOT chicken broth 1 CUP FOR 5 SERVINGS (** may use reserved cooking liquid or Low sodium broth) and thickener 6 TBSP FOR 5 SERVINGS and gradually add to meat while processing. (All liquid may not be required, depending on the texture or meat). Scrape down sides of processor with a rubber spatula and process for 30 seconds. Consistency must be "mashed potato" consistency. Re-heat to serving temperature (165 deg F or above). SERVE USING #6 SCOOP. Serve 1 oz (2 tablespoons) gravy or sauce on top of pureed meat where appropriate. Volume of liquid require may vary slightly, depending on the texture of the product. ** Amount of thickener will vary slightly. Start with none and add gradually. NOTE: Maximum holding time: 4 hours

GROUND - GRIND; SERVE USING #10 SCOOP

CHOP - CHOP; SERVE USING #10 SCOOP

DYSHPHAGIA LEVEL 1 - SAME AS PUREE; ADD ADEQUATE SAUCE/GRAVY TO MOISTEN

NutriNet Food Management System

Recipe Book

Nutrition Ink

DYSPHAGIA LEVEL 2 & 3 - GRIND; ADD ADEQUATE SAUCE/GRAVY TO MOISTEN
LACTO OVO VEGETARIAN - USE VEGETARIAN CHICKEN
FINGER FOOD - SERVE LEG

Allergens (including sub recipes) : **Gluten**