



# Oven-Fried Chicken

## USDA Recipe for CACFP

Chicken is coated in panko crumbs and spices, then baked.

### CACFP CREDITING INFORMATION

1 portion provides 2 oz equivalent meat and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Flour, whole-wheat	8 oz	1¾ cups 2⅓ tsp	1 lb	3½ cups 1 Tbsp 1⅔ tsp	<b>1</b> Combine flour, crushed corn flakes, and spices in a large bowl. Stir well. Set aside for step 4.
Corn flakes, whole-grain	1 lb	2 cups	2 lb	1 qt	
Black or white pepper, ground		2 tsp		1 Tbsp 1 tsp	
Salt		2½ tsp		1 Tbsp 2 tsp	
Mustard, dry		2 Tbsp		¼ cup	
Paprika		2 tsp		1 Tbsp 1 tsp	
Garlic powder		1 Tbsp		2 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Thyme, ground		2 tsp		1 Tbsp 1 tsp	
Basil, dried		2 tsp		1 Tbsp 1 tsp	
Oregano, ground		2 tsp		1 Tbsp 1 tsp	
Ginger, ground		2 tsp		1 Tbsp 1 tsp	
Egg whites		1 Tbsp		2 Tbsp	<b>2</b> Combine egg whites and milk in a medium bowl.
Milk, nonfat		2 cups		1 qt	<b>3</b> Add chicken (no more than 3 pieces at a time). Coat pieces evenly with egg mixture.
Chicken, whole, fresh or frozen, cut up, 8 pieces	12 lb 4 oz		24 lb 8 oz		<b>4</b> Remove chicken pieces from medium bowl. Place in large bowl containing flour mixture. Coat evenly.
					<b>5</b> Place chicken pieces on a sheet pan (18" x 26" x 1") lightly coated with pan release spray and lined with parchment paper. For 25 servings, use 1½ pans. For 50 servings, use 3 pans.
					<b>6</b> Bake uncovered: Conventional oven: 400 °F for 55–60 minutes. Convection oven: 350 °F for 40–45 minutes.
					<b>7</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>8</b> Transfer to a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>9</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>10</b> Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

## NUTRITION INFORMATION

For 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>186</b>
<b>Total Fat</b>	<b>6 g</b>
Saturated Fat	2 g
Cholesterol	28 mg
<b>Sodium</b>	<b>367 mg</b>
<b>Total Carbohydrate</b>	<b>22 g</b>
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>12 g</b>
Vitamin D	73 IU
Calcium	640 mg
Iron	12 mg
Potassium	210 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## NOTES

Cooking process #2: Same Day Service.

## YIELD/VOLUME

25 Servings	50 Servings
About 9 lb	About 18 lb
About 1 gal 2 cups/1½ sheet pans (12" x 20" x 2½")	About 2 gal 1 qt/3 sheet pans (12" x 20" x 2½")