

# Oven-Baked Parmesan Chicken

Meat

Main Dishes

D-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing	4 oz	½ cup	8 oz	1 cup	1. Combine salad dressing or mayonnaise and mustard in a bowl.
OR Lowfat mayonnaise	OR 4 oz	OR ½ cup	OR 8 oz	OR 1 cup	
Prepared yellow mustard		1 tsp		2 tsp	2. In another bowl, combine Parmesan cheese, bread crumbs and pepper.
Parmesan cheese, grated	4 oz	½ cup	8 oz	1 cup	
Enriched dry bread crumbs	2 oz	¼ cup 2 Tbsp	4 oz	¾ cup	
Ground black or white pepper		½ tsp		1 tsp	3. Using a pastry brush, coat chicken with the mayonnaise mixture.
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each)	5 lb	25 servings	10 lb	50 servings	
OR Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each)	OR 5 lb 12 ½ oz	OR 25 servings	OR 11 lb 9 oz	OR 50 servings	
OR Raw chicken thighs, with bone, without skin (at least 2.9 oz each)	OR 4 lb 8 ½ oz	OR 25 servings	OR 9 lb 1 oz	OR 50 servings	
OR Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	OR 5 lb 10 oz	OR 25 servings	OR 11 lb 4 oz	OR 50 servings	
					4. Dredge chicken in the crumb mixture. Place 12-13 pieces of chicken on each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray. For 25 servings, use 2 pans. For 50 servings, use 4 pans.
					5. To Bake: Conventional oven: 350° F for 25 minutes Convection oven: 325° F for 20 minutes
					CCP: Heat to 165° F or higher.
					Remove chicken from bone.

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6. CCP: Hold for hot service at 140° F or warmer.
- Portion with No. 12 scoop (⅓ cup).

Note: The weights given provide an average of 25 and 50 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

SERVING:	YIELD:	VOLUME:
⅓ cup (No. 12 scoop) provides 1 ½ oz of cooked poultry.	<b>25 Servings:</b> 2 lb 15 oz <b>50 Servings:</b> 5 lb 14 oz	<b>25 Servings:</b> 2 quarts ⅔ cup <b>50 Servings:</b> 1 gallon 1 ⅓ cups
Tested 2004		

Nutrients Per Serving					
<b>Calories</b>	115	<b>Saturated Fat</b>	1.66 g	<b>Iron</b>	0.78 mg
<b>Protein</b>	14.28 g	<b>Cholesterol</b>	45 mg	<b>Calcium</b>	73 mg
<b>Carbohydrate</b>	2.87 g	<b>Vitamin A</b>	60 IU	<b>Sodium</b>	187 mg
<b>Total Fat</b>	4.77 g	<b>Vitamin C</b>	0 mg	<b>Dietary Fiber</b>	0.1 g

Nutrients are based on 1 drumstick without skin.