

Chicken Baked10

Number of Servings: 10 (82.4 g per serving)

Amount	Measure	Ingredient
1 1/4	lb	Chicken, broiler/fryer, breast, w/o skin, rstd
2.00	ea	Eggs, whole, raw, lrg
3 1/4	Tbs	Milk, nonfat/skim, w/add vit A & D
13.00	Tbs	Flour, all purpose, white, bleached, enrich
3/4	tsp	Spice, paprika
3/8	tsp	Spice, onion, powder
10.00	ea	Cooking Spray, butter flvr, 1/3 sec spray

Nutrients per serving

Nutrition Facts	
Serving Size (82g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 60mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.

1 serving = 2 oz meat + 1/2 grain

1 serving = 8 grams carbohydrate = 1/2 Carb Serving

Notes

* purchase 3 oz AP chicken breasts will = at least 2 oz EP

Combine flour, paprika and onion powder.

Remove eggs from shell and combine eggs (liquid eggs may be used) and milk with wire whip. Dip raw chicken breast in egg-milk mixture and then roll in flour mixture and place in a single layer on sprayed or parchment-lined baking sheets. Spray well with butter flavored non-stick spray. Bake at 350 degrees F for 30 minutes uncovered.

Remove from oven and transfer to counter pans, overlapping to get 25 servings/pan. Add any drippings to counter pan(s) or small amount of water to prevent drying. Cover with foil.

Continue baking at 350 degrees F for another 10-15 minutes or until chicken is tender and internal temperature reaches 170 degrees F.

Serve 1 small chicken breast = 2 oz meat EP