

BBQ Chicken 2, 2 oz legs each10

Number of Servings: 10 (149.39 g per serving)

Amount	Measure	Ingredient
2 3/8	lb	Chicken, broiler/fryer, drumstick, w/skin, raw
1 2/3	cup	Sauce, barbecue

Nutrients per serving

Nutrition Facts	
Serving Size (149g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat --g	
Cholesterol 85mg	28%
Sodium 430mg	18%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 22g	
Vitamin A 2%	• Vitamin C 10%
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	

Notes

Place 100 2- oz chicken legs in single layer on sprayed or parchment-lined baking sheets. Bake at 350 degrees F for 30 minutes. Spread BBQ sauce over partially baked chicken legs, cover with foil. Continue baking another 30 minutes or until chicken is tender and internal temperature reaches 170 degrees F.

Serve 2 2 oz chicken legs/serving. Will weigh less after baking.

May use 4 oz legs in yield called for in recipe and serve 1 per person. These would be quite large legs.