

# Baked Chicken (Lake Charles)

**Recipe: 000495 BAKED CHICKEN, breast**

Recipe Source: LCM Lake Charle  
 Recipe Group: ENTREES

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:  
 Number of Portions: 100  
 Size of Portion: 2 oz

050529 CHICKEN, CUT-UP, MEAT & SKIN, BREAST, ROASTED.... 902990 Tony Chachere's Lite Creole Seasoning.....	200 OZ 422 3/8 GRAM	* This recipe lists the ingredients for the serving size of 2 oz cooked chicken breast with skin. See additional recipes for thigh and drumstick/wing nutrient analysis.  The full recipe uses 53 lb raw chicken, commodity, 8 pieces, cut up.  TO PREPARE THE FULL RECIPE:  1. Season 53 lb of raw, cut up chicken with low sodium/lite creole seasoning.  2. Place on baking pans with pan liners, count the pieces to ensure there are enough for 100 servings.  CCP: Heat to 165 F (internal temperature) or higher for at least 15 seconds.
		3. Transfer to steam table pans for service.  CCP. Hold for hot service at 135 F or higher.  Serving size: 2 oz. or more cooked poultry with skin. 1 serving - 1 breast piece, or 1 drumstick and 1 wing, or one thigh with back.

**\*Nutrients are based upon 1 Portion Size (2 oz)**

Calories	110 kcal	Cholesterol	48.00 mg	Sugars	0.00 g	Calcium	8.00 mg	36.01%	Calories from Total Fat
Total Fat	4.40 g	Sodium	758.08 mg	Protein	16.60 g	Iron	0.60 mg	9.99%	Calories from Saturated Fat
Saturated Fat	1.22 g	Carbohydrates	0.00 g	Vitamin A	52.00 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.00 g	Vitamin C	0.00 mg	Ash <sup>1</sup>	0.00 g	0.00%	Calories from Carbohydrates
								60.36%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt.....	2.000 oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
<b>Moisture &amp; Fat Change</b>					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

### **Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050529	CHICKEN, CUT-UP, MEAT & SKIN, BREAST, R			
I	902990	Tony Chachere's Lite Creole Seasoning			

### **Notes**

Production Notes:

One lb AP yields about 0.44 lb cooked boned chicken meat and skin OR about 0.36 lb cooked chicken

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

[http://www.fns.usda.gov/sites/default/files/110080\\_March2014.pdf](http://www.fns.usda.gov/sites/default/files/110080_March2014.pdf)

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