

# Chicken Nuggets

Meat

Main Dishes

D-09B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	4 oz	¾ cup	8 oz	1 ½ cups	1. In a small bowl, combine bread crumbs, salt, and pepper. Reserve for step 3.
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Raw boneless, skinless chicken (at least 1.1 oz each)	3 lb 7 oz	50 each	6 lb 14 oz	100 each	2. In another bowl, coat chicken with yogurt or salad dressing or mayonnaise.
Lowfat plain yogurt OR Reduced calorie salad dressing OR Lowfat mayonnaise	3 oz OR 3 oz OR 3 oz	⅓ cup OR ⅓ cup OR ⅓ cup	6 oz OR 6 oz OR 6 oz	⅔ cup OR ⅔ cup OR ⅔ cup	
					3. Roll chicken pieces in bread crumbs to coat.
					4. Place 25 pieces of chicken in a single layer 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. Bake: Conventional oven: 500° F for 13-17 minutes Convection oven: 450° F for 12-15 minutes  CCP: Heat to 165° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher.  Portion is 2 pieces (1½ oz).

SERVING:	YIELD:	VOLUME:
2 pieces provide 1 ½ oz of cooked poultry.	<b>25 Servings:</b> 2 lb 6 oz	<b>25 Servings:</b> 2 pans
	<b>50 Servings:</b> 4 lb 11 oz	<b>50 Servings:</b> 4 pans

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Edited 2004

Special Tip:

This may be served with Fruity Dip (C-02).

Nutrients Per Serving					
<b>Calories</b>	89	<b>Saturated Fat</b>	0.48 g	<b>Iron</b>	0.69 mg
<b>Protein</b>	13.95 g	<b>Cholesterol</b>	35 mg	<b>Calcium</b>	23 mg
<b>Carbohydrate</b>	3.56 g	<b>Vitamin A</b>	11 IU	<b>Sodium</b>	210 mg
<b>Total Fat</b>	1.68 g	<b>Vitamin C</b>	0 mg	<b>Dietary Fiber</b>	0.1 g