

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.	25 Servings: 2 lb 6 oz	25 Servings: 2 pans
	50 Servings: 4 lb 11 oz	50 Servings: 4 pans

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

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