

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. 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. 6. CCP: Hold for hot service at 140° F or warmer. Portion is 2 pieces (1½ oz).
Lowfat plain yogurt	3 oz	⅓ cup	6 oz	⅔ cup	
OR	OR	OR	OR	OR	
Reduced calorie salad dressing	3 oz	⅓ cup	6 oz	⅔ cup	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	3 oz	⅓ cup	6 oz	⅔ cup	

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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Edited 2014

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