

**BAKED CHICKEN (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
179 cal	0 g	32 g	4 g	88 mg	286 mg	16 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY,NONSTICK  
 SALT  
 PEPPER,BLACK,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

31-1/4 lbs  
 2 oz  
 1-7/8 oz  
 2/3 oz  
 1-1/2 oz

**Measure**

1/4 cup 1/3 tbsp  
 3 tbsp  
 3 tbsp  
 3 tbsp

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Lightly spray sheet pans with non-stick cooking spray. Place chicken breasts on each sheet pan.
- 3 Combine salt and pepper; mix well.
- 4 Sprinkle 1-1/2 tbsp seasoning mixture evenly over chicken in each pan. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake 10 to 12 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.