

**HONEY GLAZED CHICKEN (BREAST BONELESS)**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	6 g	32 g	4 g	88 mg	77 mg	16 mg

**Ingredient**

HONEY  
 JUICE,LEMON  
 WATER,BOILING  
 COOKING SPRAY,NONSTICK  
 CHICKEN,BREAST,BNLS/SKNLS,5 OZ

**Weight**

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

**Measure**

2 cup  
 1/2 cup  
 1 cup  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Combine honey, lemon juice and boiling water. Mix well.
- 2 Spray sheet pans with non-stick cooking spray. Place chicken on sheet pans.
- 3 Pour honey and lemon juice mixture on chicken.
- 4 Using a convection oven, bake at 325 F. 10 to 12 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.