

OVEN FRIED CHICKEN FILLET (5 OZ)

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
470 cal	18 g	24 g	33 g	62 mg	994 mg	42 mg

Ingredient

CHICKEN FILLET,BREADED,PRECOOKED,FROZEN,5 OZ

Weight

32 lbs

Measure

Issue

Method

- 1 Place fillets on sheet pans. Using a convection oven, bake 12 to 14 minutes at 375 F. on high fan, closed vent or until thoroughly heated. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.