

**BAKED CHICKEN AND RICE (COOKED DICED)**

Yield 100

Portion 1 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium  | Calcium |
|----------|---------------|---------|-----|-------------|---------|---------|
| 341 cal  | 34 g          | 28 g    | 9 g | 79 mg       | 1282 mg | 69 mg   |

**Ingredient**

CHICKEN BROTH  
 WATER  
 RICE, LONG GRAIN  
 SALT  
 PEPPER, BLACK, GROUND  
 GARLIC POWDER  
 WATER, WARM  
 MILK, NONFAT, DRY  
 WATER, COLD  
 FLOUR, WHEAT, GENERAL PURPOSE  
 CHICKEN, COOKED, DICED  
 BREADCRUMBS, DRY, GROUND, FINE  
 BUTTER, MELTED  
 PAPRIKA, GROUND

**Weight**

15-2/3 lbs  
 5-3/4 lbs  
 3-1/8 oz  
 1/3 oz  
 1/3 oz  
 6 lbs  
 5-3/8 oz  
 4-1/8 lbs  
 2-1/4 lbs  
 18 lbs  
 1-3/8 lbs  
 9 oz  
 3/4 oz

**Measure**

3 gal  
 1 gal 3-1/2 qts  
 3 qts 2 cup  
 1/4 cup 1-1/3 tbsp  
 1 tbsp  
 1 tbsp  
 2 qts 3-1/2 cup  
 2-1/4 cup  
 2 qts  
 2 qts  
 1 qts 2 cup  
 1-1/8 cup  
 3 tbsp

**Issue****Method**

- 1 Combine broth, water, rice, salt, pepper, and garlic powder in a steam jacketed kettle or stockpot; bring to a boil. Cover tightly; reduce heat; simmer 20 minutes. Do not stir. There will be excess liquid in cooked rice.
- 2 Reconstitute milk in warm water. Stir milk into cooked rice.
- 3 Blend flour and cold water together to make a smooth slurry. Add slurry to rice mixture stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 4 Stir chicken gently into thickened rice mixture.
- 5 Pour 1-3/4 gal chicken and rice mixture into each ungreased steam table pan.
- 6 Combine crumbs, paprika, and margarine or butter. Sprinkle 1-1/2 cups crumb mixture evenly over chicken and rice in each pan.
- 7 Using a convection oven, bake 25 minutes or until browned at 325 F., on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.