

CHICKEN IN ORANGE SAUCE (BREAST BONELESS)

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
208 cal	8 g	33 g	4 g	88 mg	264 mg	22 mg

Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 COOKING SPRAY, NONSTICK
 ONIONS,FRESH,CHOPPED
 JUICE,ORANGE
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 SALT
 PAPRIKA,GROUND
 PEPPER,BLACK,GROUND
 ROSEMARY,GROUND
 GARLIC POWDER

Weight

31-1/4 lbs
 1-1/4 oz
 1-1/4 lbs
 8-3/4 lbs
 6-5/8 oz
 7 oz
 1-2/3 oz
 2/3 oz
 1/3 oz
 1/8 oz
 1/8 oz

Measure

2-2/3 tbsp
 3-1/2 cup
 1 gal
 1-1/2 cup
 1 cup
 2-2/3 tbsp
 2-2/3 tbsp
 1 tbsp
 1 tbsp
 1/8 tsp

Issue

1-3/8 lbs

Method

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Place chicken breasts in lightly sprayed steam table pans. DO NOT OVERLAP.
- 3 Stir-cook onions in a lightly sprayed steam-jacketed kettle or stockpot 3 minutes or until tender, stirring constantly.
- 4 Combine orange juice, flour, sugar, salt, paprika, pepper, rosemary, and garlic powder; mix well. Add onions; stir to blend.
- 5 Ladle 2-3/4 cups orange mixture over chicken in each pan.
- 6 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.