

Honey Lemon Chicken

50 servings

2 oz. eq. m/ma



Ingredients	For 50 servings		Directions
	Weight	Measure	
Water		1 qt.	1. Combine water, honey, lemon juice, salt, and pepper in a bowl. Set aside for step 7.
Honey		2 cups	
Lemon juice		1 cup	
Salt		1 T. plus 1 t.	
Pepper		2 t.	
Chicken, thighs, boneless & skinless		15 lbs.	2. Spray 2 full size, 2.5" hotel pans with pan spray. Place 25 chicken thighs in each hotel pan (12"x20"x2.5"). For 50 servings use 2 pans. 3. Bake: Conventional oven: 400 degrees F for 20 minutes Convection oven: 375 degrees F for 20 minutes 4. Drain fat from each pan and discard. 5. Bake chicken thighs again for another 20 minutes. 6. Drain fat a second time from each pan and discard. 7. Pour 3 ½ cups of honey-lemon mixture over each pan of chicken thighs



			8. Bake until golden brown basting occasionally with sauce. 30-40 minutes. Thighs are finished when very brown and internal temperature is 165 degrees for at least 15 seconds Hold for service at 140 degrees F or higher.
Scallions, sliced (optional)		10 scallions	Garnish with scallions if desired.

Serving size and yield	
Serving size:	1 thigh
Yield:	50 servings

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:	400	70-80 min
Convection:	375	70-80 min

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:		ounce equivalents ¹
Fruits:		cups
Vegetables:		cups

Nutrients per serving									
Calories	337	Total fat (g)	22.2	Cholesterol (milligrams (mg))	130.6	Sodium (mg)	296.3	Iron (mg)	.97
Protein (grams (g))	22	Saturated fat (g)	6	Total sugars (g)	11.2	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	11.8	Trans fat (g)	0	Dietary fiber (g)	.08	Calcium (mg)	11.69		