



CRUNCHY PARMESAN CHICKEN LEGS/THIGHS



Product: All-Bran Flakes® Cereal

Pack Size: 6 x 1 KG

Order Code: 70140 (000 64100 00949 3)

Preparation Time: 30 minutes

Cooking Method: Bake

Serving Utensil: Tongs

Serving Suggestions: Serve with garlic mashed potatoes and steamed green beans/broccoli.

Yield: 25 servings

Portion: 1 each (114 g/4 oz)

Ingredients:

Nutrition Facts	
Calories	280 Kcal
PRO	18 g
Chol	110 mg
Total Fat	19 g
Sat Fat	6 g
Trans Fat	0 g
CHO	8 g
Dietary Fiber	1 g
Total Sugars	1 g
Sodium	290 mg
Potassium	250 mg
Calcium	75 mg
Iron	2 mg
Vit A	0.01 mg
Vit C	0.07 mg

Steps	Ingredients	25 servings	
		Metric	Imperial
1	All-Bran Flakes® Cereal	152 g	1 Qt + ½ cup
1	Parmesan Cheese, grated	135 g	5 oz
1	Italian Seasoning, dried	30 ml	2 Tbsp
2	All-Purpose Flour	75 g	3 oz
2	Garlic Powder	5 ml	1 tsp
2	Black Ground Pepper	5 ml	1 tsp
2	Table Salt	5 ml	1 tsp
3	Eggs, Large, beaten	2 each	2 each
3	Milk, 2% M.F.	30 ml	2 Tbsp
4	Chicken Legs or Thighs, skin-on, bone-in	2.250 kg	5 lbs
4	Margarine, melted	80 g	3 oz



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Preparation Steps:

Wash hands before, during, and after preparation. Clean and sanitize surfaces and equipment.

1. Preheat convection oven to 177°C/350°F. In a half size insert pan, place **All-Bran Flakes® Cereal**, Parmesan Cheese, and Italian Seasoning together.
2. In a separate ¼ size insert pan, combine All Purpose Flour, Garlic Powder, Black Pepper, and Salt.
3. In a third ¼ size insert pan, whisk together the Eggs and Milk.
4. Trim any excess fat from the Chicken Legs or Thighs or a combination of both. Coat each piece by first rolling it in the flour mixture, then dipping it into the egg mixture, and finally pressing it into the cereal mixture. Arrange the chicken in a single layer in a parchment lined baking sheet. Drizzle the chicken with melted margarine.
5. Place in oven and bake for ~ 25 minutes, or until the chicken is fully cooked and no longer pink. Ensure the internal temperature reaches 74°C/165°F for at least 15 seconds. Transfer to an insert pan and cover with lid. CCP-Maintain: Product held at >60°C/140°F.

CCP-Maintain: Product held at >60°C/140°F. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

CCP-Cool: Product must reach 60°C/140°F to 21°C/70°F within 2 hours and 21°C/70°F to 4°C/40°F within 4 hours.

CCP-Reheat: To internal temperature of 74°C/165°F within 2 hours held for at least 15 seconds – one time only.

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

In keeping with good allergy practices, we remind you to be aware of allergens and to check labels on any packaged goods used. This recipe has been created with the suggestion of using Kellogg's® cereal products. Results with other products may vary.