

Caribbean Chicken on Brown Rice

MEAT						MAIN DISHES
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Allspice, ground		3 tbsp.		3/8 cup		1. Mix first eight ingredients (dry) and store in an airtight container. 2. When ready to use, add dry mixture to chicken and cover with the canola oil and water. Marinate overnight. 3. Bake in preheated oven at 350 °F (177 °C) for 1 hour. Serve 3 oz. (90g) chicken with 1/2 cup (98g) brown rice.
Ginger, ground		3 tbsp.		3/8 cup		
Onion, dried, ground		3 tbsp.		3/8 cup		
Thyme, ground		3 tbsp.		3/8 cup		
Garlic powder		5/8 cup		1 cup, 3 tbsp.		
Salt		1 tbsp.		2 tbsp.		
Sugar		1 tbsp.		2 tbsp.		
Cinnamon		3/4 tsp.		1 1/2 tsp.		
Chicken, white meat, cut into strips	12 1/2 lb. (5.7 kg)		25 lb. (11.3 kg)			
Canola oil		1 1/4 cup (296 ml)		2 1/2 cup (592 ml)		
Water		3/8 cup (89 ml)		3/4 cup (177 ml)		
Serving: 1/2 cup (No. 8 scoop) provides 3 oz. (60g) of meat			Yield: 50 servings: about 14 lb. (6.4 kg) 100 servings: about 28 lb. (12.7 kg)			

NUTRIENTS PER SERVING					
Calories	310	Saturated fat	1 g	Iron	2.6 mg
Protein	30g	Cholesterol	75 mg	Calcium	33 mg
Carbohydrate	31g	Vitamin A	6 IU	Sodium	604 mg
Total fat	6g	Vitamin C	0.72 mg	Dietary fiber	0.8g