Roasted Chicken Leg

Cuisine: **Other** Food category: **Poultry**

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Program steps

1	Second Combination	5 0 %	M Termination by core probe	№ 75 °C	8≎ 140	+ 100
			temperature		°C	%
2	## Hot air	 ↓ 0 %	O Termination by time	300:15 hh:mm	8≎ 200	+ 100
			unic		°C	%

Ingredients - number of portions - 10

Name	Value	Unit
chicken thighs	10	pcs
5 tbsp vegetable oil	0.5	l
ground smoked paprika	50	g
salt	50	g
freshly ground black pepper, ground	8	g
garlic	20	g

Directions

Mix the spices with the oil and clean the meat. It is best to marinate 24 hours before roasting. Cook on roasting trays, approximately 6 pieces each, in 40mm deep trays.

Use a temperature probe during the cooking process.

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, D, E, K

Nutritional value of one portion	Value
Energy	25 kJ
Carbohydrate	3.5 g
Fat	0.8 g
Protein	0.9 g
Water	0 g

Recommended accessories



