

Fancy Chicken Legs with Fruits



Bread crumbs	80 ml	1/3 cup	40 g
Cinnamon	5 ml	1 teaspoon	2 g
Salt and pepper	To taste		
Chicken legs without back, bone-in, skin on (806-8405)	10	4.4 lbs.	2 kg
Apple juice	250 ml	1 cup	250 g
Chicken broth	250 ml	1 cup	250 g
Apples, coarsely chopped	500 ml	2 cups	230 g
Fresh cranberries	125 ml	1/2 cup	50 g

- : 10
- : 15 minutes
- : 60 minutes
- : no

Nutrition Facts	
For 1 leg (160 g)	
Amount	% Daily Value
Calories 190	
Fat 9 g	14%
Saturated 2.5 g	
+ trans 0 g	13%
Polyunsaturated 2 g	
Omega-6 2 g	
Omega-3 0.2 g	
Monounsaturated 3.5 g	
Cholesterol 70 mg	23%
Sodium 170 mg	7%
Potassium 290 mg	8%
Carbohydrates 9 g	3%
Fibre 1 g	4%
Sugar 6 g	
Protein 18 g	
Vitamin A 12 RE	2%
Vitamin C 4 mg	8%
Calcium 21 mg	2%
Iron 1.4 mg	10%
Phosphorus 176.4 mg	15%

- 1 Preheat oven to 180 °C (350 °F).
- 2 Mix bread crumbs, cinnamon, salt and pepper together.
- 3 Remove skin from chicken legs and sprinkle them with bread crumb mixture.
- 4 Place chicken legs in rectangular oven-proof dish, cover and add rest of ingredients around the legs.
- 5 Cook in 180 °C (350 °F) preheated oven for 1 hour or until internal meat temperature reaches 82 °C (180 °F).

<p>Chef's Remarks</p> <p>You may replace fruits with others such as peaches, pears, cherries, etc.</p> <p> replacement product : pulled chicken thighs, unseasoned (806-8448).</p>	<p>Canada's Food Guide Portions</p> <p>3/4 serving of vegetables and fruit + 1 1/4 servings of meat and alternatives.</p>	<p>Olymel Product Allergens</p> <p>*Contains : none</p>	<p>Food Exchange System</p> <p>2/3 serving of fruit + 2 1/4 servings of meat and alternatives + 1/2 serving of fat.</p>
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*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)