

# PRO-Chicken Nuggets

<b>Servings:</b>	128.00
<b>Serving Size:</b>	4.00 Ounce
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Chicken Nuggets-GFS#281831

## Nutrition Information

<b>Calories</b>	210.00	<b>Protein</b>	13.00g
<b>Fat</b>	12.00g	<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	20.00mg
<b>Carbohydrates</b>	13.00g	<b>Fiber</b>	2.00g
<b>Sugar</b>	1.00g	<b>Sodium</b>	320.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	100.00IU	<b>Calcium</b>	20.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
512 Each	281831	CHIX NUG BRD WGRAIN FC .7Z 4-8 TYS	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.

## Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

## CONVECTION

Appliances vary, adjust accordingly.

Bake:

6-8 minutes at 375°F from frozen.

Serving Size- 4 Chicken Nugget per student