

K-6-Chicken-Nuggets

Servings:	102.00
Serving Size:	5.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	Same Day Service

Chicken Nuggets-GFS#281831

Nutrition Information

Calories	323.53	Protein	16.31g
Fat	15.06g	SaturatedFat	2.51g
Trans Fat	0.00g	Cholesterol	25.10mg
Carbohydrates	32.31g	Fiber	2.51g
Sugar	10.25g	Sodium	521.57mg
Iron	2.26mg	Vitamin C	1.20mg
Vitamin A	225.49IU	Calcium	25.10mg

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.
102 Each	499402	SAUCE BBQ LO SOD DIP CUP 100-1Z	

Preparation Instructions

BAKE FROM FROZEN STATE PLACE ON A PERFORATED SHEET PAN

Appliances vary, adjust accordingly.

CONVECTION

Appliances vary, adjust accordingly.

6-8 minutes at 375°F from frozen.

INTERNAL TEMPERATURE OF 165 DEGREE F

Serve: 5 Nuggets per student