

# K-6-Chicken-Nuggets

<b>Servings:</b>	102.00
<b>Serving Size:</b>	5.00
<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>	165.22	<b>Protein</b>	10.23g
<b>Fat</b>	9.44g	<b>SaturatedFat</b>	1.57g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	15.74mg
<b>Carbohydrates</b>	10.23g	<b>Fiber</b>	1.57g
<b>Sugar</b>	0.79g	<b>Sodium</b>	251.76mg
<b>Iron</b>	1.42mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	78.68IU	<b>Calcium</b>	15.74mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
321 Ounce	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 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: 4 Nuggets per student