

CornDog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44484
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN	1 Each		720120

Preparation Instructions

Basic Preparation

FROM THAWED - CONVECTION OVEN 350°F FOR 14-17 MINUTES (FULL SHEET PAN); CONVENTIONAL OVEN 350°F FOR 24-26 MINUTES (FULL SHEET PAN); FRY 350°F FOR 4-5 MINUTES (QTY: 3); MICROWAVE ON HIGH FOR 30 SECONDS, TURN 30 SECONDS MORE (QTY: 2)

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	240.00
Fat	9.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	470.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	8.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.50mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available