

# Fish Nugget Basket

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45476

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
COD BRD NUG	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen nuggets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for about 15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	428299
COLE SLAW CRMY CLSC	1/2 Cup	place in 4 oz souffle cup	738158
HUSHPUPPY REGULAR	3 Each	OVEN COOK @ 400 DEGREES FOR 9 MINUTES.	594001

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	540.00
<b>Fat</b>	25.50g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	1060.00mg
<b>Carbohydrates</b>	57.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	19.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg
<b>Iron</b>	1.80mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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