

Fish Nugget Basket

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available