

Chicken Nuggets and WG Roll



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44839

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN 8-4# GLDCRK	5 Each	Bake 375 14-16 minutes or until internal temperature reaches 165F	993713
DOUGH ROLL WGRAIN	1 Each	Basic Preparation PAN IN 48 CLUSTERS OR 24 (4X6) SINGLES ON A LINED SHEET PAN. ONCE THAWED, PROOF FOR 50 MINUTES IN RETARDER. BAKE AT 375°F IN DECK OVEN FOR 12-14 MINUTES OR CONVECTION OVEN FOR 10-12 MINUTES.	237702

Preparation Instructions

- Hold hot foods at 135 °F or above

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	250.00
Fat	10.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	490.00mg
Carbohydrates	25.00g
Fiber	3.00g
Sugar	2.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.06mg	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