

# CornDog



|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <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-44484          |
| <b>School:</b>       | 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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <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>         | 240.00                  |
| <b>Fat</b>              | 9.00g                   |
| <b>SaturatedFat</b>     | 2.50g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 40.00mg                 |
| <b>Sodium</b>           | 470.00mg                |
| <b>Carbohydrates</b>    | 30.00g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 8.00g                   |
| <b>Protein</b>          | 9.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 100.00mg | <b>Iron</b> 1.50mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available