

FRENCH TOAST STICKS WITH SMOKEY LINKS

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-27471
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 6-2 RICH	4 Each	BAKE: PREHEAT OVEN TO 400? F. PLACE ON FLAT OR SHALLOW BAKING PAN AND BAKE 10-12 MINUTES, TURNING AFTER 5 MINUTES FOR MORE EVEN BROWNING.,CONVECTION OVEN: BAKE AT 375? F FOR 10 MINUTES.,TO FRY: DEEP FRY AT 350? F FOR 1-1/2 TO 2 MINUTES OR UNTIL GOLDEN BROWN.,	652370
SAUSAGE LNK SMOKEY CKD 16/	4 Each		720038

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	3.500
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 Each

Amount Per Serving			
Calories	760.00		
Fat	46.00g		
SaturatedFat	12.00g		
Trans Fat*	0.00g		
Cholesterol	80.00mg		
Sodium	1600.00mg		
Carbohydrates	62.00g		
Fiber	4.00g		
Sugar	14.00g		
Protein	24.00g		
Vitamin A	7.74IU	Vitamin C	0.00mg
Calcium	43.44mg	Iron	4.18mg

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

Nutrition - Per 100g

No 100g Conversion Available