

# SHRIMP POPPERS



Servings:	1.00	Category:	Entree
Serving Size:	1.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45864
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SHRIMP BRD PCORN WGRAIN	1 1/2 Cup	BAKE COOKING INSTRUCTIONS FROM FROZEN: CONVECTION OVEN: Place oven rack in the center of the oven. Preheat oven to 375°F. Place frozen shrimp in a single layer on a shallow baking pan. Bake for 5-7 minutes. CONVENTIONAL OVEN: Place oven rack in the center of the oven. Preheat oven to 450°F. Place frozen shrimp in a single layer on a shallow baking pan. Bake for 10-12 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM	340922

## Preparation Instructions

No Preparation Instructions available.

## 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: 1.50 Cup

Amount Per Serving			
<b>Calories</b>		340.00	
<b>Fat</b>		14.00g	
<b>SaturatedFat</b>		2.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		90.00mg	
<b>Sodium</b>		680.00mg	
<b>Carbohydrates</b>		38.00g	
<b>Fiber</b>		6.00g	
<b>Sugar</b>		2.00g	
<b>Protein</b>		18.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	80.00mg	<b>Iron</b>	2.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available