

Corn Nuggets



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|---------------|---------------------------|----------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 6.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-12946 |
| School: | Central Elementary School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| APTZR CORN NUGGETS BATRD | 6 Piece | BAKE PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5 MINUTES ON EACH SIDE. CONVECTION PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1 2 MINUTES ON EACH SIDE. DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 3 MINUTES. | 694590 |

Preparation Instructions

BAKE
PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 5 MINUTES ON EACH SIDE.

CONVECTION
PREHEAT OVEN TO 450°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1

2 MINUTES ON EACH SIDE.

DEEP_FRY

FRY FROZEN PRODUCT AT 350°F FOR 3 MINUTES.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

| Amount Per Serving | |
|--------------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| 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: 6.00 Each | | | |
| Amount Per Serving | | | |
| Calories | | 170.00 | |
| Fat | | 6.00g | |
| SaturatedFat | | 1.00g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 420.00mg | |
| Carbohydrates | | 21.00g | |
| Fiber | | 1.00g | |
| Sugar | | 5.00g | |
| Protein | | 3.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 40.00mg | Iron | 1.10mg |

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

Nutrition - Per 100g

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|------------------------------|--|
| No 100g Conversion Available | |
|------------------------------|--|