

# Sausage Tornado & Vanilla Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-10083
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORNADOS EGG SAUS CHS 3Z	1 Each	<p><b>BAKE</b>            PREHEAT OVEN TO APPROPRIATE TEMPERATURE SHOWN IN CHART. PLACE TORNADOS ON COOKING SHEET THAT HAS BEEN LINED WITH PARCHMENT PAPER OR LIGHTLY COATED WITH COOKING SPRAY. PLACE IN PREHEATED OVEN FOR TIME SHOWN IN CHART, OR UNTIL 161°F IS ACHIEVED. CHECK TEMPERATURE AND IF NECESSARY, CONTINUE COOKING UNTIL INTERNAL CORE TEMPERATURE REACHES OR EXCEEDS 161°F Cooking time: 25 MINUTES @ 350°F.</p> <p><b>DEEP_FRY</b>            PLACE THAWED TORNADOS INTO FRY BASKET AND CLOSE LID, OR USE SECOND FRY BASKET AS LID TO PREVENT TORNADOS FROM FLOATING. PLACE LOADED FRY BASKET INTO PREHEATED OIL FOR TIME SHOWN IN CHART, OR UNTIL 161°F IS ACHIEVED. CHECK TEMPERATURE AND IF NECESSARY, CONTINUE COOKING UNTIL INTERNAL CORE TEMPERATURE REACHES OR EXCEEDS 161°F. Temperature setting: 375°F Cooking time: DO NOT FRY FROZEN TORNADOS.</p>	740072
CRACKER GLDFSH GRHM VAN	1 Each	<p><b>READY_TO_EAT</b>            Ready to Enjoy</p>	198472

## Preparation Instructions

Place tornados on cooking sheet that has been lined with parchment paper or lightly coated with cooking spray. Place in preheated oven of 325 degrees for 15-20 minutes. Convection Oven: 325 degrees F fan High. 12 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	13.00g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	405.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 100.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 1.44mg

## Nutrition - Per 100g

No 100g Conversion Available