

Corn Nuggets

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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	170.00
Fat	6.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	420.00mg
Carbohydrates	21.00g
Fiber	1.00g
Total Sugar	5.00g
Added Sugar	4.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.10mg

Nutrition - Per 100g

No 100g Conversion Available