

# Corn Nuggets



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR CORN NUGGETS BATRD	6 Piece	<p>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.</p> <p>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.</p> <p>DEEP_FRY FRY FROZEN PRODUCT AT 350°F FOR 3 MINUTES.</p>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<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: 6.00 Each

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

## Nutrition - Per 100g

No 100g Conversion Available