

Chicken Nuggets



Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44839

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN 8-4# GLDCRK	5 Each		993713

Preparation Instructions

Basic Preparation

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY. CONVECTION OVEN: 6-8 MINUTES AT 375°F FROM FROZEN. CONVENTIONAL OVEN: 8-10 MINUTES AT 400°F FROM FROZEN. •

Hold hot foods at 135 °F or above

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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: 5.00 Each

Amount Per Serving	
Calories	170.00
Fat	9.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	420.00mg
Carbohydrates	11.00g
Fiber	1.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	15.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 18.00mg	Iron 1.00mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available