

# Chicken Nuggets PK



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45105
<b>School:</b>	Walton-Verona Early Childhood Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUG BRD WGRAIN 8-4# GLDCRK	5 Each	Bake 375 for 14-16 minutes or until internal temperature reaches 165F	993713

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	1.000
<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: 4.00 Each

Amount Per Serving	
<b>Calories</b>	283.33
<b>Fat</b>	15.00g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.33mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	18.33g
<b>Fiber</b>	1.67g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 30.00mg	<b>Iron</b> 1.67mg

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

## Nutrition - Per 100g

No 100g Conversion Available