

Fish Nuggets

NO IMAGE

| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 4.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45210 |
| School: | Walton-Verona High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------|-------------|--|------------|
| COD BRD NUG | 4 Each | BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen nuggets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for about 15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM. | 428299 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| 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: 4.00 Each

| Amount Per Serving | |
|--------------------------|-------------------------|
| Calories | 240.00 |
| Fat | 10.00g |
| Saturated Fat | 1.50g |
| Trans Fat | 0.00g |
| Cholesterol | 35.00mg |
| Sodium | 320.00mg |
| Carbohydrates | 20.00g |
| Fiber | 1.00g |
| Total Sugar | 0.00g |
| Added Sugar | 0.00g |
| Protein | 16.00g |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 0.00mg | Iron 1.40mg |

Nutrition - Per 100g

No 100g Conversion Available