

# CornDog



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44484
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX	1 Each		276813

## Preparation Instructions

### Basic Preparation

FROM THAWED - CONVECTION OVEN 350°F FOR 14-17 MINUTES (FULL SHEET PAN); CONVENTIONAL OVEN 350°F FOR 24-26 MINUTES (FULL SHEET PAN); FRY 350°F FOR 4-5 MINUTES (QTY: 3); MICROWAVE ON HIGH FOR 30 SECONDS, TURN 30 SECONDS MORE (QTY: 2)

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<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: 1.00 Each

Amount Per Serving	
<b>Calories</b>	190.00
<b>Fat</b>	9.00g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	470.00mg
<b>Carbohydrates</b>	18.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	6.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00mcg**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 30.00mg	<b>Iron</b> 0.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available