

CornDog



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44484
School:	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

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: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available