

Cheesy Mozzarella Sticks



Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46829

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR MOZZ STIX BRD R/F 8-3 FRM RCH	6 Each	BAKE Cooking Instructions: /u2022 For food safety, quality, and thorough cooking, please follow the instructions below. /u2022 Keep frozen until ready to prepare. *Microwaving not recommended. Due to differences in appliances and quantity prepared, cooking times may vary and require adjustment. Caution-Product will be hot! Check product 1-2 minutes before indicated time. If cheese becomes visible, remove from heat. CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 9-10 minutes (full tray). If baking more than one tray, longer cooking time may be required.	143261

Preparation Instructions

cook mozzarella sticks according to manufactures directions

6 mozzarella sticks per serving

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.875
Grain	1.875
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: 6.00 Each

Amount Per Serving	
Calories	315.00
Fat	12.00g
Saturated Fat	3.75g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	540.00mg
Carbohydrates	33.00g
Fiber	3.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	19.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 525.00mg	Iron 1.65mg

Nutrition - Per 100g

No 100g Conversion Available