

Pretzel With Cheese Sauce

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44244

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL ROD SFT WHEAT	1 Each	OVEN: 2-3 MINUTES* AT 350 DEGREES	607940
SAUCE CHS CHED	1 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	271081

Preparation Instructions

LAY FROZEN PRODUCT FLAT ON TRAY OVEN: 2-3 MINUTES* AT 350 DEGREES

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.549
Grain	1.000
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 Serving

Amount Per Serving	
Calories	129.34
Fat	4.90g
Saturated Fat	2.53g
Trans Fat	0.00g
Cholesterol	15.38mg
Sodium	501.37mg
Carbohydrates	15.60g
Fiber	1.50g
Total Sugar	1.05g
Added Sugar	0.00g
Protein	6.35g
Vitamin A 213.19mcg RAE	Vitamin C 0.00mg
Calcium 115.99mg	Iron 0.95mg

Nutrition - Per 100g

Calories	456.23
Fat	17.27g
Saturated Fat	8.92g
Trans Fat	0.00g
Cholesterol	54.27mg
Sodium	1768.51mg
Carbohydrates	55.02g
Fiber	5.29g
Total Sugar	3.70g
Added Sugar	0.00g
Protein	22.39g
Vitamin A 751.98mcg RAE	Vitamin C 0.00mg
Calcium 409.13mg	Iron 3.35mg