

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 RAE** | 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