

Pretzel With Cheese Sauce

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50007
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED	3 3/4 Fluid 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
PRETZEL ROD SFT WHEAT	2 Each	Basic Preparation LAY FROZEN PRODUCT FLAT ON TRAY OR MICROWAVE-PROOF CONTAINER. IF DESIRED, MIST WITH WATER THEN SPRINKLE WITH SALT OR PRESS PRETZEL FACE DOWN ON BED OF SALT. CONVENTIONAL OVEN: 2-3 MINUTES* AT 350 ° 400 DEGREES F. MICROWAVE: 20 ° 30 SECONDS* ON HIGH	607940

Preparation Instructions

CCP - Hold at 135 F or higher

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 Serving

Amount Per Serving	
Calories	356.00
Fat	17.00g
Saturated Fat	9.20g
Trans Fat	0.00g
Cholesterol	56.00mg
Sodium	1374.00mg
Carbohydrates	33.00g
Fiber	3.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	19.00g
Vitamin A 776.00mcg RAE	Vitamin C 0.00mg
Calcium 414.00mg	Iron 1.90mg

Nutrition - Per 100g

Calories	344.99
Fat	16.47g
Saturated Fat	8.92g
Trans Fat	0.00g
Cholesterol	54.27mg
Sodium	1331.52mg
Carbohydrates	31.98g
Fiber	2.91g
Total Sugar	2.91g
Added Sugar	0.00g
Protein	18.41g
Vitamin A 752.01mcg RAE	Vitamin C 0.00mg
Calcium 401.20mg	Iron 1.84mg