

Fish Nuggets

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45210
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
COD BRD NUG	4 Each	BAKE COOKING INSTRUCTIONS FROM FROZEN: TO BAKE: Place frozen nuggets on a lightly oiled baking pan. CONVECTION OVEN: Preheat oven to 400°F and bake for about 15 minutes. CONVENTIONAL OVEN: Preheat oven to 425°F and bake for about 20 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.	428299

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
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: 4.00 Each

Amount Per Serving	
Calories	240.00
Fat	10.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	320.00mg
Carbohydrates	20.00g
Fiber	1.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	16.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.40mg

Nutrition - Per 100g

No 100g Conversion Available