## **Quest Food Management**

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Recipe Sizing Report

Jul 25, 2014

000790 - entree corn dog 4oz : nslp	Components	Attributes
HACCP Process: #2 Same Day Service	Meat/Alt: 2 oz	
Number of Portions: 50	Grains: 2 oz	
Size of Portion: serving	Fruit:	
	Vegetable:	
	Milk:	

Ingredients	Measures	Instructions
901943 corn dog chicken 4oz large 210323	50 each	Thawing Instructions TAKE OUT AMOUNT YOU NEED FROM THE FREEZER, THAW COMPLETELY UNDER REFRIGERATION FOR 24 HOURS  Basic Preparation FROZEN: FRY - NOT RECOMMENDED CONVECTION OVEN - 350F DEGREES FOR 24-27 MINUTES. QTY: FULL PAN. CONVENTIONAL OVEN - 350 F FOR 34-36 MINUTES. QTY: FULL PAN. MICROWAVE (1100 WATTS): HIGH 75-85 SECONDS. QTY: 2 THAWED: FRY: 350F FOR 4-5 MINUTES. QTY: 3 CONVECTION OVEN: 350F FOR 14-17 MINUTES. QTY: FULL PAN CONVENTIONAL OVEN: 350F FOR 24-26 MINUTES.

\*Nutrients are based upon 1 Portion Size (serving)

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Calories	280 kcal	Cholesterol	35 mg	Protein	10.00 g Ca	alcium 150.00	mg	45.00%	Calories from Total Fat
Total Fat	14.00 g	Sodium	930 mg	Vitamin A	0.0 RE Iro	on 2.70	mg	16.07%	Calories from Saturated Fat
Saturated Fat	5.00 g	Carbohydrates	30.00 g	Vitamin A	0.0 IU W	/ater1 0.00	g	0.00%	Calories from Trans Fat
Trans Fat1	0.00 g	Dietary Fiber	1.00 g	Vitamin C	0.0 mg As	sh <sup>1</sup> 0.00	g	42.86%	Calories from Carbohydrates
								14.29%	Calories from Protein

<sup>\*</sup>N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1 -</sup> denotes optional nutrient values