

Quest Food Management

002182 - entree-grilled chic nuggets : nslp	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: each	Meat/Alt: 2 oz Grains: Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903666 chicken grilled nugget bb greco 204831....	12 1/2 (4 nuggets=2 m/ma)	

*Nutrients are based upon 1 Portion Size (each)

Calories	42 kcal	Cholesterol	8 mg	Sugars	0.0 g	Calcium	5.00 mg	68.83%	Calories from Total Fat
Total Fat	3.25 g	Sodium	78 mg	Protein	2.75 g	Iron	0.27 mg	18.53%	Calories from Saturated Fat
Saturated Fat	0.87 g	Carbohydrates	0.50 g	Vitamin A	0.0 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.25 g	Vitamin C	0.0 mg	Ash ¹	0.00 g	4.71%	Calories from Carbohydrates
								25.88%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

CN Grilled Chicken Nugget

from Brakebush



CN grilled chicken nuggets are unbreaded with a roasted flavor. They are made with breast meat and coated with a light seasoning. Ideal for schools and operators looking to reduce servings of breaded product. Fully cooked for ease of preparation.

BRAKEBUSH PRODUCT CODE: 5690

Avg. 271/.59 oz.

Packed: 2/5 lb. bags; 10 lb. case.

4 Nuggets = 2 oz. m/ma

PREPARATION: COOK TO A MINIMUM OF 165° F. DEEP FRY 2-4 MIN. AT 350°F. BAKE IN SINGLE LAYER IN PREHEATED CONVECTION OVEN AT 350°F. FOR 8-10 MIN. BAKE IN SINGLE LAYER IN PREHEATED CONVENTIONAL OVEN AT 400°F FOR 12-15 MIN. MICROWAVE ON HIGH ABOUT 1-2 MIN. PER SERVING, TURNING ONCE. ADJUST TIMES TO QUANTITY BEING COOKED AND EQUIPMENT USED. DO NOT OVERCOOK.

UCC Code: (01) 1 0038034 56900 9

Menu Suggestions

Chicken Mac Daddy

Whole wheat pasta, creamy cheese sauce and California vegetable blend.

Grilled Cheese Greatness

Whole wheat bread, American cheese and tomato, cut sandwich into four wedges and top each with a nugget picked with a pretzel stick, finish with sliced apples.

Nutrition Facts

Serving Size 4 Nuggets (67g/2.36oz)
Servings Per Container About 68

Amount Per Serving	
Calories 170	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 4.5g	
Cholesterol 30mg	10%
Sodium 310mg	13%
Potassium 125mg	4%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
Phosphorus 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Case Cube

.58

Case Dimensions

13¹/₂ x 8⁵/₈ x 8³/₄

Tare Weight

.68

Pallet Configuration

16/Layer

8 Layers = 128/Pallet

