

BAKED FISH NUGGETS

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
262 cal	18 g	14 g	14 g	54 mg	452 mg	123 mg

Ingredient

FISH NUGGETS,BREADED,FROZEN

Weight

34 lbs

Measure

Issue

Method

- 1 Place about 5 pounds 10 ounces nuggets on each sheet pan. Bake in 450 F. oven 16 to 18 minutes or in 425 F. convection oven on high fan, closed vent 14 to 16 minutes or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.