

**FRENCH FRIED FISH NUGGETS**

**Yield** 100

**Portion** 4-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
302 cal	18 g	14 g	19 g	54 mg	452 mg	123 mg

**Ingredient**

FISH NUGGETS,BREADED,FROZEN

**Weight**

34 lbs

**Measure**

**Issue**

**Method**

- 1 Fry fish nuggets in 350 F. deep fat fryer 4 minutes or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.