

Code 20800

## CN-Corn Dog Nuggets

Heating Instructions: Oven 375 Degrees 14-16 minutes.

Frank Ingredients: Mechanically separated turkey, Water, Salt, Corn syrup solids, Flavorings, Dextrose, Ascorbic acid (Vitamin C), Garlic Powder, Natural smoke flavoring, Extractives of Paprika and Sodium Nitrite.

Battered and breaded with water, Enriched wheat flour (Enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Enriched Corn meal and Corn Flour (Both enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Sugar, Modified Corn Starch, Soy Flour, Nonfat Milk, Leavening (Sodium Acid Pyrophosphate, Sodium bicarbonate), Soybean Oil, Salt, Egg Yolks, Dextrose, Sodium Caseinate, Lecithin.

<b>Nutrition Facts</b>				
Serving Size 3.4 oz, 5 pieces (96 grams)				
Servings per container:			95	
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Amount per Serving				
Calories 171		Calories from Fat 63		
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			% Daily Value	
Total Fat 7g		11%		
Saturated Fat 1.5g		7%		
Cholesterol 15mg		5%		
Sodium 480mg		20%		
Total Carbohydrate 22g		7%		
Dietary Fiber < 1g		2%		
Sugars 0g				
Protein 7g		14%		
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Vitamin A 0%		* Vitamin C 2%		
Calcium 2%		* Iron 6%		
*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	2400mg	2400mg	
Total Carbohydrates		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram				
Fat 9 * Carbohydrate 4 * Protein 4				