

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.

Nutrition Facts	
Serving Size 4.02 oz, 6 pieces (114 grams)	
Servings per container: 95	
Amount per Serving	
Calories 212	Calories from Fat 72
% Daily Value	
Total Fat 8g	12%
Saturated Fat 1.8g	9%
Cholesterol 18mg	6%
Sodium 480mg	20%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	1%
Sugars 0g	
Protein 9g	18%
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	

