

# Wings of Fire

NO IMAGE

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Piece	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD GLZD OF FIRE 6-4 TYS	1 Each	<b>BAKE</b> Conventional Oven Preferred Method 1. Preheat oven to 400°F. 2. Place frozen chicken wing sections on baking sheet. 3. Heat 18 to 20 minutes. Appliances vary. Heating times approximate. <b>CONVECTION</b> Convection Oven 1. Preheat oven to 375°F. 2. Place frozen chicken wing sections on baking sheet. 3. Heat 8 to 10 minutes. Appliances vary. Heating times approximate. <b>MICROWAVE</b> Microwave 1. Place frozen chicken wing sections on a microwave safe plate. 2. Heat, uncovered, on HIGH 6 to 7 minutes for 8 pieces. 3. Rotate plate halfway through heating time. Appliances vary. Heating times approximate.	511307

## Preparation Instructions

No Preparation Instructions available.

## SLE Components

### Amount Per Serving

<b>Meat</b>	2.25
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Piece

<b>Amount Per Serving</b>			
<b>Calories</b>		3.30	
<b>Fat</b>		0.23g	
<b>SaturatedFat</b>		0.05g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		1.65mg	
<b>Sodium</b>		8.40mg	
<b>Carbohydrates</b>		0.02g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		0.30g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg