

# Boneless Wings & Breadstick

<b>Servings:</b>	4.71	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27463
<b>School:</b>	Test High School 2		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	23 4/7 Each	<b>BAKE</b> Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place frozen chunks on a baking sheet lined with parchment paper. Heat for 10-12 minutes. <b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven Preheat oven to 375°F, no steam, medium low fans. Place frozen chunks on a parchment lined baking sheet and heat for 10-12 minutes.	561301
BREADSTICK WGRAIN 1.31Z 10-20CT	4 5/7 Each		152211

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.002
<b>Grain</b>	2.251
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 4.71

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	300.17
<b>Fat</b>	9.76g
<b>SaturatedFat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.02mg
<b>Sodium</b>	507.79mg
<b>Carbohydrates</b>	31.51g
<b>Fiber</b>	4.50g
<b>Sugar</b>	2.00g
<b>Protein</b>	20.51g
<b>Vitamin A</b>	0.00IU
<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.26mg
<b>Iron</b>	2.25mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

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No 100g Conversion Available

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