

# Boneless Wings

<b>Servings:</b>	400.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44289
<b>School:</b>	Highland Elementary		

## Ingredients

Description	Measurement	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	13 3/13 Package	561301

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<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: 400.00

Serving Size: 5.00 Each

Amount Per Serving			
<b>Calories</b>	201.06		
<b>Fat</b>	8.80g		
<b>SaturatedFat</b>	1.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	25.13mg		
<b>Sodium</b>	339.30mg		
<b>Carbohydrates</b>	12.57g		
<b>Fiber</b>	2.51g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	17.59g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.31mg	<b>Iron</b>	1.26mg

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

### Nutrition - Per 100g

No 100g Conversion Available