

Wing Day with Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44347

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD GLZD	4 Each	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place wings on baking sheet and heat 18 /u2013 20 minutes. Turn over halfway through heating. PREPARATION: Appliances vary, adjust accordingly. Impingement Oven Preheat oven to 400°F. Place wings on baking sheet and heat 9 minutes. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place wings on baking sheet and heat 8 /u2013 12 minutes.	194270
ROLL YEAST WHEAT	1 Each		112401

Preparation Instructions

Convection Oven: Preheat oven to 350 degrees F. Place wings on baking sheet and heat 8 - 12 minutes.

Conventional Oven: Preheat oven to 400 degrees F. Place wings on baking sheet and heat 18 - 20 minutes. Turn over halfway through heating.

Serve with Carrot and Celery Sticks and Roll

Use your favorite wing sauce

Hot sauce

BOOM BOOM

Honey BBQ

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	420.00
Fat	26.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	135.00mg
Sodium	530.00mg
Carbohydrates	23.00g
Fiber	3.00g
Sugar	4.00g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 12.00mg	Iron 1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available