

Boneless Buffalo Wing Basket

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35685
School:	FRANKLIN COMMUNITY MIDDLE SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	6 Each	BAKE 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. CONVECTION 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
SAUCE HOT	1 Tablespoon		790835
FRIES WDG 8CUT CRSPY OVEN R/SOD	3 Ounce	3 oz wedges = 1/2 cup	174251
BREADSTICK WGRAIN GARL HERB 1Z	1 Each		512723

Preparation Instructions

1. Preheat convection oven to 350°F. Place frozen chicken in a single layer on a parchment lined baking sheet. Heat for 10-13 minutes.

CCP: Heat to 165F for at least 15 seconds.

2. Bake wedges according to directions.

CCP: Hold at 135 until service.

3. Place cooked chicken in large bowl and add sauce. Toss well to coat.

4. Assemble wings, wedges, and 1 garlic breadstick in a boat for serving.

Meal Components (SLE)

Amount Per Serving

Meat	2.400
Grain	2.200
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	440.00
Fat	17.00g
SaturatedFat	3.25g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	1295.01mg
Carbohydrates	47.00g
Fiber	5.00g
Sugar	1.00g
Protein	24.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 33.50mg	Iron 2.50mg

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

Nutrition - Per 100g

No 100g Conversion Available