

BONELESS CHICKEN WINGS



| | | | |
|---------------|------------------------|----------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 8.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-13917 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|---|------------|
| CHIX BRST CHNK GLDNCRSP WGRAIN | 8 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 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 3.200 |
| Grain | 1.600 |
| 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: 8.00 Each

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | | 320.00 | |
| Fat | | 14.00g | |
| SaturatedFat | | 3.00g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 40.00mg | |
| Sodium | | 540.00mg | |
| Carbohydrates | | 20.00g | |
| Fiber | | 4.00g | |
| Sugar | | 0.00g | |
| Protein | | 28.00g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 18.00mg | Iron | 2.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available