

CHICKEN WINGS WITH A BISCUIT



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-21422
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD OVN RSTD 6-5 GOLDKIST	5 Ounce		159883
DOUGH BISC HMSTYL	1 Each		504076

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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 Each

Amount Per Serving			
Calories		450.00	
Fat		27.00g	
SaturatedFat		9.00g	
Trans Fat*		0.00g	
Cholesterol		105.00mg	
Sodium		890.00mg	
Carbohydrates		31.00g	
Fiber		1.00g	
Sugar		2.00g	
Protein		19.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available