

# Wings w/BBQ Sauce



<b>Servings:</b>	1.00	<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-8443
<b>School:</b>	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK DING BRD CKD	5 Each	FROM FROZEN: CONVENTIONAL OVEN 20 MINUTES AT 375F; CONVECTION OVEN FOR 12 MINUTES AT 375F; DEEP FRY FOR 3-4 MINUTES AT 350F.	686031
SAUCE BBQ ORIG MILD	1 Tablespoon	Ready to use.	265543

## Preparation Instructions

DEEP\_FRY

FROM FROZEN: CONVENTIONAL OVEN 20 MINUTES AT 375F; CONVECTION OVEN FOR 12 MINUTES AT 375F; DEEP FRY FOR 3-4 MINUTES AT 350F.

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

CCP: Hold for hot service at 135° F or higher.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.250
<b>Grain</b>	0.000
<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: 1.00

Serving Size: 5.00 Each

Amount Per Serving			
<b>Calories</b>		30.40	
<b>Fat</b>		0.30g	
<b>SaturatedFat</b>		0.10g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		2.00mg	
<b>Sodium</b>		227.10mg	
<b>Carbohydrates</b>		5.50g	
<b>Fiber</b>		1.10g	
<b>Sugar</b>		3.00g	
<b>Protein</b>		1.30g	
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.02mg

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

## Nutrition - Per 100g

No 100g Conversion Available