

Wings w/Garlic Parmesan Sauce



Servings:	1.00	Category:	Entree
Serving Size:	5.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35748
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK DING BRD CKD	5 Piece	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.	686031
SAUCE WNG GARL PARM	1 Teaspoon	READY_TO_EAT All Ken's dressings and sauces are ready to serve. Just open and impress your customers with the fresh, bold taste of your products. Available in a wide variety of flavors. Add ingredients at store level to personalize your offerings (speed scratch recipes).	167403

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

Meat	2.250
Grain	0.000
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: 5.00 Serving

Amount Per Serving			
Calories		23.73	
Fat		1.63g	
SaturatedFat		0.27g	
Trans Fat*		0.00g	
Cholesterol		2.00mg	
Sodium		115.43mg	
Carbohydrates		1.33g	
Fiber		0.10g	
Sugar		0.00g	
Protein		0.80g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available