

# Boneless Buffalo Wing Basket

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	6 Each	<b>BAKE</b> 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. <b>CONVECTION</b> 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

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.400
<b>Grain</b>	2.200
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.500

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	488.00		
<b>Fat</b>	18.50g		
<b>Saturated Fat</b>	3.40g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	66.00mg		
<b>Sodium</b>	1574.01mg		
<b>Carbohydrates</b>	50.00g		
<b>Fiber</b>	4.40g		
<b>Total Sugar</b>	2.20g		
<b>Added Sugar</b>	1.20g		
<b>Protein</b>	30.60g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	33.50mg	<b>Iron</b>	2.92mg

## Nutrition - Per 100g

No 100g Conversion Available