

Wings w/BBQ Sauce

Servings:	1.00	Category:	Entree
Serving Size:	5.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8443
School:	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	1 Tablespoon		212071

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

Amount Per Serving

Meat/Meat Alternate	2.250
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.00 Each

Amount Per Serving	
Calories	45.40
Fat	0.30g
Saturated Fat	0.10g
Trans Fat	0.00g
Cholesterol	2.00mg
Sodium	187.10mg
Carbohydrates	9.50g
Fiber	0.10g
Total Sugar	8.00g
Added Sugar	8.00g
Protein	0.80g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.20mg

Nutrition - Per 100g

No 100g Conversion Available