

Boneless Wings

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	4.50 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46631
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX POPCORN BRD LRG FC 8-4# GLDCRK	4 1/2 ounces		260419

Preparation Instructions

Bake according to package instructions

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.250
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: 4.50 Ounce

Amount Per Serving	
Calories	270.00
Fat	12.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	60.00mg
Sodium	600.00mg
Carbohydrates	15.00g
Fiber	2.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	25.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 26.00mg	Iron 2.00mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	211.64
Fat	9.41g
Saturated Fat	1.57g
Trans Fat	0.00g
Cholesterol	47.03mg
Sodium	470.32mg
Carbohydrates	11.76g
Fiber	1.57g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	19.60g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 20.38mg	Iron 1.57mg

**One or more nutritional components are missing from at least one item on this recipe.