

Bone in Wing

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44347

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD GLZD	4 Each	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 400°F. Place wings on baking sheet and heat 18 /u2013 20 minutes. Turn over halfway through heating. PREPARATION: Appliances vary, adjust accordingly. Impingement Oven Preheat oven to 400°F. Place wings on baking sheet and heat 9 minutes. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven Preheat oven to 350°F. Place wings on baking sheet and heat 8 /u2013 12 minutes.	194270

Preparation Instructions

Convection Oven: Preheat oven to 350 degrees F. Place wings on baking sheet and heat 8 - 12 minutes.

Conventional Oven: Preheat oven to 400 degrees F. Place wings on baking sheet and heat 18 - 20 minutes. Turn over halfway through heating.

Serve with Carrot and Celery Sticks and Roll

Use your favorite wing sauce

Hot sauce

BOOM BOOM

Honey BBQ

Meal Components

Amount Per Serving

Meat/Meat Alternate	3.000
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: 4.00 Each

Amount Per Serving	
Calories	305.45
Fat	0.00g**
Saturated Fat	6.55g
Trans Fat	0.00g
Cholesterol	138.18mg
Sodium	363.64mg
Carbohydrates	1.45g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	20.36g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 14.55mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available