

Wings & Rings

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-23521
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK GLDNCRSP WGRAIN	250 Each	BAKE 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. CONVECTION 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
ONION RING BRD WGRAIN	250 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven Preheat oven to 450°F. Place frozen breaded onion rings on a baking sheet lined with parchment paper. Heat for 12-14 minutes. CONVECTION Appliances vary, adjust accordingly. Convection Oven Preheat oven to 425°F. Place frozen breaded onion rings on a parchment lined baking sheet and heat for 10-11 minutes. Hold up to 1 hour in a dry warmer at 145°F	234061

Preparation Instructions

Prepare ingredients according to Prep Instructions.

In a boat serve 5 wings and 5 onion rings

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	440.00
Fat	18.00g
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	770.00mg
Carbohydrates	43.00g
Fiber	5.00g
Total Sugar	6.00g
Added Sugar	1.00g
Protein	26.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 111.25mg	Iron 2.68mg

Nutrition - Per 100g

No 100g Conversion Available