

# Bone in Wing

NO IMAGE

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX WNG CKD GLZD	4 Each	<b>BAKE</b> 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. <b>CONVECTION</b> 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

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<b>Meat/Meat Alternate</b>	3.000
<b>Grain</b>	0.000
<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>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Each

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<b>Amount Per Serving</b>	
<b>Calories</b>	280.00
<b>Fat</b>	22.67g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	126.67mg
<b>Sodium</b>	333.33mg
<b>Carbohydrates</b>	1.33g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	18.67g
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<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 13.33mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

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**No 100g Conversion Available**

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