

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

| <hr/> | |
|---------------------------------|-------|
| 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

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