



Boneless Wings with Mango Masala Dip

With Rich Chicks Premium Whole Grain Breaded Truly Whole Muscle Boneless Chicken Wings

Serving Size: 4.2 oz (4 Boneless Wing/Breast Chunks)

Yield: 100 Servings

Contribution: 2oz Meat/Meat Alternate, 1oz Grains

Smart Snack: Smart Snack Compliant Concept

RC Product Code: 23403

Ingredients	Amount	Preparation Instructions
Rich Chicks Premium Whole Grain Breaded Truly Whole Muscle Boneless Chicken Wings	25 lbs	Place breaded boneless wings in single layer on large sheet pan, heat in 350 degree convection oven for 8-10 minutes or until boneless wings reach an internal temperature of 165 degrees
Mango Masala Dip (See Recipe Below)	1.5 Gallons	Place 4 boneless wings in food tray w/ 2 oz Mango Masala Dip and serve.
Mango Masala Dip—Ingredients	Amount	Instructions
Mango Yogurt	1 Gal	Whisk together all ingredients
Garam Masala	2 Cups	
Lemon Juice	2/3 Cup	

Nutritional Information for 4 Boneless Wings and 2 Tbsp Masala Dipping Sauce			
Portion	4.2 oz	Cholesterol (mg)	53
Calories	256	Sodium (mg)	475
Total Fat (g)	8.3	Total Carbohydrates (g)	23
Saturated Fat (g)	1.5	Dietary Fiber (g)	>1
Trans Fat (g)	0	Protein (g)	22
Sugar (g)	3.5		

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.