



Mexicali Artisan Boneless Wings

With Rich Chicks Artisan 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: 23415

| Ingredients | Amount | Preparation Instructions |
|---|------------|---|
| Rich Chicks Artisan 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 |
| Red Gold Naturally Balanced Salsa #11005 | 2 #10 Cans | Place 4 boneless wings in food tray w/ 2 oz Salsa and serve. |

| Nutritional Information for 4 Boneless Wings and 2 oz Salsa Sauce | | | |
|---|--------|-------------------------|-----|
| Portion | 4.2 oz | Cholesterol (mg) | 41 |
| Calories | 253 | Sodium (mg) | 470 |
| Total Fat (g) | 8 | Total Carbohydrates (g) | 21 |
| Saturated Fat (g) | 1.4 | Dietary Fiber (g) | >1 |
| Trans Fat (g) | 0 | Protein (g) | 21 |
| Sugar (g) | 3 | | |

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.