



RC Product Code: 23417

Boneless Wings with Honey Mustard Sauce

with Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing, Fully Cooked

www.richchicks.com

Serving Size: 6oz / 4 Boneless Wings and 2tbsp Honey Mustard Sauce
Yield: 100 servings
Contribution: 2oz Meat/Meat Alternate, 1oz Grain



Artisan



Dill Seasoned

Nutritional Information for 6oz serving

Portion	4 Boneless Wings and 2tbsp dressing	Cholesterol (mg)	56
Calories	347	Sodium (mg)	645
Total Fat (g)	19	Total Carbohydrates (g)	21
Saturated Fat (g)	3.5	Sugar (g)	7
Trans Fat (g)	0	Protein (g)	21

Ingredients

Amount

Instructions

Rich-Fil-Yay! Dill Seasoned Whole Grain Breaded Boneless Chicken Wing/Breast Chunk

30lbs

Place breaded boneless wings in single layer on large sheet pan, heat in 350° F convection oven for 10-12 minutes or until bone- less wings reach an internal temperature of 165° F.

Honey Mustard Dressing

1gal

Place 4 Boneless wings in food tray w/2tbsp honey mustard dressing and serve.

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.

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