PLATINUM Harvest® Premium Chicken from Wayne Farms

488126
Mfg.#17953

Fully Cooked Steamed Split Chicken Wings

Frozen

Cooked

Product Information:

Net Weight: ..... 10 lbs
Case Pack: ..... 2 x 5 lb. bags
Case Dimensions: ..... 15-13/16" x 10-3/8" x 5-3/8"
Case Cube: ..... .51093 cubic feet
Pallet Configuration: ... 10 cases/layer, 13 layers/pallet
Store Below: ..... 10°F or Lower
Shelf Life: ..... 12 months

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Fully Cooked Steamed Split Chicken Wings – Binders Added

Ingredients: Split chicken wings, water, rice flour, salt, soy protein concentrate, sodium phosphate.

Contains: Soy

Cooking Instructions:

Convection Oven: 375°F for 18 minutes. Flip once during cooking.
Conventional Oven: 400°F for 39 minutes. Flip once during cooking.
Deep Fryer: 350°F for 8 minutes.
Microwave: 2 minutes in a 1000 watt microwave on high. Flip once during cooking.
Grill/Broiler: 12-14 minutes. Turn every 5 minutes.

Heat according to instructions or until internal temperature reaches 165°F.
Cooking times may vary based on equipment. Cook from frozen.

Nutrition Facts

Serving Size 3 oz. edible (85g)
Servings Per Container about 42

Amount Per Serving	
Calories 140	Calories from Fat 80
	% Daily Value*
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 410mg	17%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 14g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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