

Recipe Prep Sheet



991818 - Halal Chicken Wings

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 40

Portion Size: 3 Wings

Ingredient #	Ingredient Name	Measurements	Instructions
990897	Halal chicken wings	10 LB	Day Before- Place chicken wings into a large food grade mixing pan.
990796	Salt	1 tbsp	Combine olive oil and dry spices thoroughly.
002030	PEPPER,BLACK	3 TBSP	
002020	GARLIC POWDER	3 TBSP	
002026	ONION POWDER	2 TBSP	
002028	PAPRIKA	2 TBSP	
990896	Oil, Olive	215 gram	
			Coat the wings evenly with the oil and seasoning mixture.
			Cover and refrigerate the seasoned wings for approximately 24 hours to allow the seasoning to distribute evenly and enhance flavor.
			Day of- Transfer the wings to sheet pans in a single layer after refrigeration.
			Bake in a convection oven at approximately 400°F until the internal temperature reaches 165°F.
			Portion 3 pieces per serving and serve hot

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

† - denotes required nutrient values

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Watertown Public Schools

*Nutrients are based upon 1 Portion Size (3 Wings)

Calories ¹	*228.402* kcal	Total Fat	*16.895* g	Total Dietary Fiber	*0.359* g	Vitamin	*0.096* mg	*66.572%* Calories from Total Fat
Saturated Fat ¹	*2.547* g	Trans Fat	*0.000* g	Protein	*17.084* g	Iron	*0.173* mg	*10.035%* Calories from Sat Fat
Sodium ¹	266.437 mg	Cholesterol	*0.000* mg	Vitamin A	*0.000* mcg RAE	Water	*0.163* g	*0.000%* Calories from Trans Fat
Total Sugars	*0.080* g	Carbohydrate	*1.285* g	Calcium	*4.850* mg	Ash	*0.087* g	*2.251%* Calories from Carbohydrates
Added Sugars	*0.000* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			*29.919%* Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	cup
		Vegetable	cup	Milk	cup

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