

# Nutrition Facts

Serving Size 2 pieces (113g)  
Servings Per Container

## Amount Per Serving

**Calories 240**    **Calories from Fat 140**

	% Daily Value*
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 590mg</b>	<b>25%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 0g	0%
Sugars 0g	

**Protein 18g**

Vitamin A 4%    •    Vitamin C 2%

Calcium 2%    •    Iron 6%

\*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

# Speedy Bird™ Mild Breaded Chicken Wings

Fully Cooked 1st & 2nd Joint Breaded Wings. The cover system is steam-leavened and designed to be deep fried.

## Product Information

**Product Code:** 8710

**Piece Count:** Large

**Net Case Weight:** 15lbs

**Case Cube:** 0.67

**Case Per Pallet:** 90

**Date Coding:** Julian

**Product Weight:** Varies

**Piece Count Range:** Varies

**Case Dimensions:** 15.50 x 10.50 x 7.20

**Pallet Ti/Hi:** 9 x 10

**Packaging:** 3/5#

**UPC Code:** 099655087108

## Ingredient Statement

Chicken wing sections, water, seasoning (modified corn starch, salt, maltodextrin, disodium inosinate, disodium guanylate, yeast extract, spices, dried garlic, dried onion, dextrose, paprika, soybean oil), and sodium phosphate. Breading: bleached enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, salt, soy flour, dextrose, soybean oil, paprika, spices, disodium inosinate, disodium guanylate. CONTAINS: Wheat

## Product Handling

- Keep at 0° F or below
- 365 Day Shelf Life from Date of Pack

## Cooking Instructions

- Deep Fry: 5-7 Minutes @ 350°
- Convection Oven: Not Recommended
- Conventional Oven: Not Recommended
- Cooking Times Vary with Equipment Used Please Ensure Proper Internal Temperature (165° F)

