



**JD·SWEID**  
**FOODS**  
*since 1917*

**6212300: Century Fully Cooked Hot Wings 4kg**



<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per approximately 3 chicken wings (150 g) / pour 3	
Amount	% Daily value
Teneur	% valeur quotidienne
<b>Calories / Calories 430</b>	
<b>Fat / Lipides 30 g</b>	<b>46 %</b>
Saturated / saturés 7 g	37 %
+ Trans / trans 0.5 g	
<b>Cholesterol / Cholestérol 80 mg</b>	<b>28 %</b>
<b>Sodium / Sodium 950 mg</b>	<b>40 %</b>
<b>Carbohydrate / Glucides 14 g</b>	<b>5 %</b>
Fibre / Fibres 0 g	0 %
Sugar / Sucres 0 g	
<b>Protein / Protéines 24 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	15 %

**INGREDIENTS:** CHICKEN WINGS (WINGLETS, DRUMETTES), WATER, SOY PROTEIN ISOLATE, SALT SODIUM PHOSPHATE, SPICE, GARLIC POWDER. MAY CONTAIN ONION POWDER, LEMON JUICE SOLIDS, CAPSICUM FLAVOUR, MONOSODIUM GLUTAMATE. IN A BATTER AND BREADING OF: WHEAT FLOUR, SALT, MODIFIED CORN STARCH, BAKING POWDER. MAY CONTAIN TOASTED WHEAT CRUMBS, YELLOW CORN FLOUR, HYDROGENATED SOYBEAN OIL (MFG AID), SODIUM ALUMINUM PHOSPHATE, GUAR GUM, DEFATTED SOY FLOUR, MILK INGREDIENTS, DRIED EGG WHITE, MONOSODIUM GLUTAMATE, SPICES, GARLIC POWDER, METHYL CELLULOSE GUM AND SULPHITES. BREADING SET IN VEGETABLE OIL.

**Cooking Instructions**

**Conventional Oven:** Pre-heat oven to 450°F (232°C). Bake on middle rack for 15 minutes, flip and continue cooking for another 5 to 10 minutes or until an internal temperature of 165°F (74°C) is reached.