



JD·SWEID
FOODS
since 1917

6217111: Century Crispy Breaded Fully Cooked Wings 4kg



Nutrition Facts	Per (100g)	
Valeur nutritive	Pour (100g)	
		% Daily Value*
Calories 220		% valeur quotic
Fat / Lipides 10 g		13 %
Saturates / saturés 2.5 g		13 %
+Trans / trans 0 g		
Carbohydrate / Glucides 17 g		
Fibre / Fibres 1 g		4 %
Sugars / Sucres 0 g		0 %
Protein / Protéines 13 g		
Cholesterol / Cholestérol 70 mg		
Sodium 860 mg		37 %
Potassium 150 mg		3 %
Calcium 10 mg		1 %
Iron / Fer 0.4 mg		2 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

INGREDIENTS: Chicken wings, Water, Salt, Sodium phosphates, Modified potato starch, Soy protein isolate (contains soy lecithin), Garlic powder, Onion powder, Spice. In a batter and breading of: Wheat flour, Water, Canola oil, Salt, Spices, Whey powder, Sodium acid pyrophosphate, Garlic powder, Sodium bicarbonate, Egg white powder (baker's yeast, citric acid), Natural flavour, Oleoresin paprika (canola oil, natural extractives of paprika, ascorbic acid, rosemary extract), Disodium inosinate, Sodium guanylate. Allergens: wheat, soy, milk

Cooking Instructions

Conventional Oven: Preheat oven to 425°F (220°C). Place chicken on a baking sheet and bake on middle oven rack for 15 minutes, flip and bake for 10 minutes, then flip and continue baking for 3 minutes, or until an internal temperature of 165°F (74°C) is reached.