

# Parmesan Chicken Wings

Pierce® Oven Roasted Chicken Wings (7805) with a flavorful Parmesan and herb crust is a great addition to your wing bar.



## YIELD

100 servings (5 wings)

## MENU FIT/DAYPART

Lunch

## COMPONENTS

2oz eq M/MA

## DIFFICULTY

Easiest

## ALLERGENS

dairy

## INGREDIENTS AND PREPARATION

**100 servings (5 wings each, about 50.3 pounds) Pierce Oven Roasted Chicken Wings (7805)**

**Non-stick cooking spray**

**10 cups shredded Parmesan cheese**

**6 tablespoons minced garlic**

**6 tablespoons dried oregano**

**2 1/2 teaspoons ground pepper**

1. Preheat oven to 375°F. Spray chicken wings with cooking spray.
2. Combine cheese, garlic, oregano and pepper in a large bowl. Toss wings with cheese mixture.
3. Place seasoned chicken wings on an ungreased baking pan in a single layer. Bake uncovered in a conventional oven for 38 minutes or in a convection oven for 20 minutes or until a thermometer inserted into the thickest portion reaches at least 165 ° F.
4. Serve hot.

## Nutrition Facts

Serving Size (239g)	
Amount Per Serving	
<b>Calories 690</b>	<b>Calories from Fat 440</b>
% Daily Value*	
<b>Total Fat 49g</b>	<b>75%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 0g	
<b>Cholesterol 290mg</b>	<b>97%</b>
<b>Sodium 810mg</b>	<b>34%</b>
<b>Total Carbohydrate 9g</b>	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 47g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 15%	• 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

*Serving Suggestions:* Serve with steamed broccoli and cauliflower, grapes, a whole wheat roll and milk.



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