

Buffalo Ranch Dry Rubbed Wings

Pierce® Oven Roasted Chicken Wings (7805) tossed with dry Ranch seasoning mix and served with a Buffalo-Ranch dipping sauce will be the most popular item on your wing bar.

YIELD

100 servings (5 wings each)

MENU FIT/DAYPART

Lunch

COMPONENTS

2oz eq M/MA

DIFFICULTY

Easiest

ALLERGENS

N/A

INGREDIENTS AND PREPARATION

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

3 cups dry Ranch dressing seasoning mix

6 cups low-sodium Buffalo sauce

1. Preheat oven to 375°F. Place 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.
2. Halfway through cooking, toss wings with dry Ranch dressing mix. Continue cooking wings.
3. Meanwhile, mix together Ranch dressing and Buffalo sauce.
4. Serve each wing serving with 1 ounce of Ranch-Bufferalo sauce for dipping.

Nutrition Facts

Serving Size (106g)	
Amount Per Serving	
Calories 420	Calories from Fat 180
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% Daily Value*	
Total Fat 20g	31%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 1110mg	46%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 16g	
Vitamin A 10%	Vitamin C 2%
Calcium 15%	Iron 2%
*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 celery and carrot sticks, watermelon, cornbread and milk.



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