

Chicken cutlets shaped like traditional wings and coated in our unique pub style breading.



Key Product Features

- Wings without the bones
- Quick cooking time
- Coated in Janes popular pub style breading

Key Product Benefits

- Great taste without the mess
- Fast service
- Appetizing and appealing

Menu Suggestions

Serve as an entree for lunch or dinner with french fries and vegetable or salad. As an appetizer, arrange on small platter with dipping sauce or toss with your own signature sauce.

Cooking Instructions

Fryer: Heat fryer to 360°F. Place wing-its into fryer basket and heat for 5 minutes. An internal temperature of 160°F minimum to be reached. Let sit 1 minute before serving. OVEN: Bake in a preheated 425°F (220°C) oven for 20-25 minutes.

Nutritional Facts

Per 100 g	
Amount	
Calories	256.0
Fat	12.3 g
Saturated	1.6 g
+trans	0.0 g
Polyunsaturated	3.4 g
Omega-6	2.5 g
Omega-3	0.9 g
Monounsaturated	6.9 g
Cholesterol	30.0 mg
Sodium	630.0 mg
Carbohydrate	22.0 g
Dietary Fibre	0.7 g
Sugars	1.1 g
Protein	14.3 g
Vitamin A	4.5 RE
Vitamin C	0.0 mg
Calcium	22.3 mg
Iron	1.8 mg

Nov 21/08

Ingredient Listing

Ingredients: chicken (may contain traces of egg), water, soy protein isolate, salt, garlic powder and spices in a breading of: wheat flour, toasted wheat crumbs, water, yellow corn flour, corn starch, modified corn starch, soy protein isolate (with soy lecithin), salt, sugar, spices, dextrose, onion powder, sodium aluminum phosphate, sodium bicarbonate, autolyzed yeast extract, flavour, browned in pure vegetable oil (canola oil).

Allergen Listing

Egg, soy, wheat

Health Benefits

Free of trans fat
Low in saturated fat
Source of iron
Source of omega-3 polyunsaturates
Source of omega-6 polyunsaturates

Specifications

SCC: 100 69299 11393 5
Case Pack Size 2 x 2 kg = 4 kg
Average Pc Weight 30 g / 1.1 oz
Average Pc Count 133

Case (cm) 37.3 x 27.8 x 11.1
Case Cube (cm) 11,510
Pallet Ti/Hi 10 / 9



build your menu with confidence