



Ready to Cook Economy Wing Segments



FMI Code	11487
Brand	Good to Go
Cook Level	Ready to Cook
Type	1st and 2nd Joint
Case Pack	7/3 Pound
Storage	Frozen
Pallet Configuration	10 T x 8 H – 80 Cases Per Pallet
Net Case Weight	21 Pounds
Gross Case Weight	23 Pounds
Case Dimensions	15.5”L x 11.5” W x 9.75” H
Case Cube	1.01 Cu Ft
Case/Unit UPC	6-94022-11487-8
Unit Dimensions	15”L x 12” W x 3” H
Unit Net Weight	3 Pounds



Preparation Instructions

Oven: Bake frozen wings at 375°F for 60-65 minutes. Bake thawed wings at 375°F for 44-48 minutes.

Grill: Preheat to medium heat. Grill frozen wings, turning occasionally. Appliances vary. Adjust accordingly to ensure internal temperature reaches 180°F.

For best results when breading or marinating, remove the protective ice glaze by holding under lukewarm running water for about 1 minute.

Ingredients

Chicken wing sections containing up to 15% solution of water, salt, and sodium phosphate.

Nutrition Facts

12 servings per container	
Serving size	4 oz (112g)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 6g	
Cholesterol 75mg	25%
Sodium 220mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.08mg	6%
Potassium 188mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens: No Known