

# Prepared Foods Nutrition Facts



Hot Wing Bar	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
<b>CHICKEN WINGS</b>																						
Authentic Hot Buffalo Style Wings	4 Pieces (202g)	350	220	24	37	7	33	0	135	45	1800	75	8	3	1	3	4	25	15	6	6	6
Authentic Medium Buffalo Style Wings	4 Pieces (202g)	400	260	29	45	10	49	0.5	150	50	1580	66	7	2	1	3	3	25	20	4	6	6
Authentic Mild Buffalo Style Wings	4 Pieces (202g)	430	300	33	51	12	60	0.5	160	53	1430	60	7	2	1	3	3	25	20	4	6	6
BBQ Chicken Wings	4 Pieces (202g)	420	220	24	37	7	35	0	135	45	990	41	26	9	0	0	21	25	2	8	4	4
Buffalo Style Chicken Wings	4 Pieces (202g)	410	280	31	48	7	34	0	135	45	1410	59	9	3	0	1	3	25	4	4	4	4
Country Sweet Breaded Wings	4 Pieces (248g)	510	260	29	45	8	40	0	160	53	1080	45	34	11	0	0	19	30	4	4	6	6
Craft Beer BBQ Wing	4 Pieces (202g)	400	220	24	38	7	34	0	135	45	1070	45	20	7	0	1	15	25	2	4	6	6
Old Bay Breaded Wings	4 Pieces (232g)	490	270	30	46	8	40	0	160	53	4810	200	24	8	3	12	4	32	35	8	10	15
Nashville Style Hot Wing	4 Pieces (202g)	400	230	26	40	7	35	0	135	45	980	41	16	5	1	4	11	25	15	8	6	6
Plain Chicken Wings	4 Pieces (168g)	340	220	24	37	7	35	0	135	45	660	28	6	2	0	0	3	25	2	4	4	4
Garlic Parmesan Wing	4 Pieces (202g)	470	340	37	57	9	45	0.5	145	48	1030	43	9	3	1	4	4	26	8	4	8	6
Southern Fried Wings	4 Pieces (214g)	460	260	29	45	8	40	0	160	53	1050	44	19	6	0	0	4	30	4	4	6	6
Sweet-n-Spicy Breaded Wings	4 Pieces (248g)	560	260	29	44	8	40	0	160	54	1060	44	23	8	0	1	6	30	4	4	6	6
Thaiger Sweet Chili Breaded Wings	4 Pieces (248g)	530	260	29	45	8	40	0	160	53	1350	56	37	12	1	4	20	31	8	20	6	8

**CHICKEN TENDERS**

<b>BBQ Chicken Tender</b>	1 Piece (69g)	140	50	5	8	1	5	0	15	5	480	20	14	5	0	0	8	9	0	2	0	2
<b>Buffalo Chicken Tender</b>	1 Piece (69g)	140	70	8	12	1	5	0	15	5	650	27	7	2	0	0	0	9	2	0	0	2
<b>Country Sweet Chicken Tender</b>	1 Piece (69g)	130	50	5	8	1	5	0	15	5	360	15	12	4	0	0	6	9	0	0	0	2
<b>Old Bay Chicken Tender</b>	1 Piece (57g)	110	50	6	9	1	5	0	15	5	810	34	7	2	0	0	0	9	4	0	0	4
<b>Plain Chicken Tender</b>	1 Piece (55g)	120	50	5	8	0	0	0	15	6	340	14	6	2	0	0	0	9	0	0	0	2
<b>Garlic Parmesan Tender</b>	1 Piece (69g)	160	100	11	17	2	10	0	20	7	500	21	7	2	0	0	1	10	2	0	2	2
<b>Sweet-n-Spicy Chicken Tender</b>	1 Piece (69g)	150	50	5	8	1	5	0	15	6	350	14	8	3	0	0	1	9	0	0	0	2
<b>Thaiger Sweet Chili Tender</b>	1 Piece (69g)	140	50	6	9	1	5	0	15	6	470	20	13	4	0	0	7	9	2	6	0	2

**BONELESS CHICKEN WING BITES**

<b>BBQ Bites</b>	3 oz (85g)	190	70	8	12	1.5	8	0	25	8	590	25	17	6	1	4	6	11	0	2	0	8
<b>Buffalo Style Bites</b>	3 oz (85g)	200	120	13	20	2	10	0	25	8	790	33	10	3	0	0	0	11	0	0	0	6
<b>Country Sweet Bites</b>	3 oz (85g)	180	70	8	12	1.5	8	0	25	8	490	20	16	5	1	4	5	11	0	0	0	8
<b>Old Bay Bites</b>	3 oz (85g)	190	80	9	14	1.5	8	0	25	8	600	25	13	4	1	4	0	12	0	0	0	10
<b>Plain Boneless Bites</b>	3 oz (85g)	190	80	9	14	1.5	8	0	25	8	550	23	13	4	1	4	0	12	0	0	0	8
<b>Garlic Parmesan Bites</b>	3 oz (85g)	220	140	15	23	3	15	0	30	10	670	28	10	3	0	0	0	11	2	0	0	6
<b>Sweet &amp; Spicy Bites</b>	3 oz (85g)	210	100	11	17	2	10	0	25	8	550	23	10	3	0	0	1	11	0	0	0	6
<b>Thaiger Sweet Chili Bites</b>	3 oz (85g)	200	100	11	17	2	10	0	25	8	650	27	15	5	0	0	5	11	2	4	0	6
<b>Miscellaneous</b>																						
<b>Fried Pickles</b>	1 oz (28g)	40	15	1.5	2	0	0	0	0	0	230	10	6	2	1	4	1	1	0	0	0	0
<b>Jalapeno Poppers</b>	1 Piece (34g)	70	30	3.5	5	1	5	0	5	2	280	12	8	3	1	4	1	2	4	2	4	0
<b>Mozzarella Stick</b>	1 Stick (44g)	170	120	13	20	3.5	18	0	10	3	750	31	9	3	1	4	2	4	0	0	0	0
<b>Onion Rings</b>	3 oz (85g)	120	30	3.5	5	0.5	3	0	0	0	460	19	22	7	1	4	3	2	0	6	0	0
<b>Pizza Log</b>	1 Log (56g)	180	80	9	14	3	15	0	20	7	230	10	20	7	1	4	2	7	2	0	6	6
<b>Potato Wedges</b>	2.5 oz (70g)	160	70	7	11	1.5	8	0	0	0	480	20	16	5	2	8	0	2	0	6	0	4