

Restaurant Foods Nutrition Facts



Wings & Things Hot Bar	Serving Size	Calories	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Added Sugar		Protein	Vitamin D	Calcium	Iron	Potassium
	(g)		(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
CHICKEN WINGS																							
BBQ Wings	4 Wings (207g)	390	25	32	7	35	0	150	50	840	37	14	5	0	0	9	6	12	27	0	4	6	0
Bills Mafia Hot Wings	4 Wings (207g)	370	25	32	7	35	0	150	50	1460	63	7	3	0	0	3	0	0	28	0	4	6	0
Craft Beer BBQ Wings	4 Wings (207g)	400	25	32	7	36	0	150	50	1010	44	16	6	0	0	12	8	16	28	0	4	6	0
Danny's Born in Buffalo Medium Wings	4 Wings (207g)	400	28	36	9	46	0.5	160	53	1370	60	7	3	0	0	3	0	0	28	0	4	6	0
Garlic Parmesan Wings	4 Wings (207g)	450	33	42	9	45	0.5	160	53	960	42	8	3	0	0	4	0	0	30	0	10	6	0
Lemon Pepper Wings	4 Wings (186g)	360	25	32	7	35	0	150	50	1190	52	8	3	0	0	4	0	0	27	0	4	6	0
Old Bay Wings	4 Wings (185g)	360	25	32	7	35	0	150	50	880	38	7	3	0	0	3	0	0	27	0	4	6	0
Sweet-n-Spicy Wings	4 Wings (207g)	430	25	32	7	35	0	150	50	740	32	10	4	0	0	5	1	3	27	0	4	6	0
CHICKEN TENDERS																							
Plain Chicken Tenders	1 Tender (51g)	110	5	7	1	5	0	20	7	310	13	8	3	0	2	1	1	1	7	0	0	2	1
BONELESS CHICKEN WING BITES																							
Plain Boneless Bites	1 Bite (22g)	50	3	4	0.5	3	0	10	3	170	7	3	1	0	0	0	0	0	3	0	0	0	2
THINGS																							
Mozzarella Sticks	1 Stick (33g)	110	6	8	2	10	0	10	3	240	10	9	3	0	0	1	0	0	4	0	8	0	0
Pizza Logs	1 Pizza Log (56g)	160	7	9	3	15	0	15	5	160	7	18	7	1	4	1	0	0	7	0	6	6	2

Have questions or comments?
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