

# Honey Dijon Chicken Wings

Pierce® Oven Roasted Chicken Wings (7805) tossed with a flavorful honey mustard sauce adds a fancy twist to your wing bar.



## YIELD

100 servings (5 wings)

## 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)**

**9 cups + 6 tablespoons Dijon mustard**

**6.25 cups honey**

**2.3 cups mustard powder**

**2 tablespoons garlic powder**

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. Meanwhile, mix the Dijon mustard, honey, mustard powder, and garlic in a bowl.
3. Remove the wings from the oven and toss with the mustard mixture. Place back in the oven for 3-5 minutes until glazed.
4. Serve hot.

## Nutrition Facts

Serving Size (129g)	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 150</b>
<b>% Daily Value*</b>	
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol 105mg</b>	<b>35%</b>
<b>Sodium 840mg</b>	<b>35%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 0g	0%
Sugars 17g	
<b>Protein 16g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• 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 a green salad, red grapes, a whole wheat roll and milk.



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