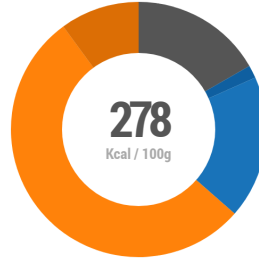


Bucket of chicken wings

Fried buttermilk chicken wings with ranch dressing

OVERVIEW ...



CALORIES:

19.8% Carbs

16.7% Protein

63.5% Fat

FOOD LABELLING...

Serves **2**

CONTAINS:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

151065 Buttermilk Coated Cooked Chicken Wings.. - BRAKES

151065 BUTTERMILK COATED COOKED CHICKEN WINGS

BRAKES **400g**

0.4 x Each

unchanged

10473 Spring Onions Bunch..

SPRING ONIONS BUNCH FRESH DIRECT

BRAKES **3g**

0.03x Each

unchanged

114212 Chillies Red (19 Oct 2023)..

CHILLIES RED FRESH DIRECT

BRAKES **3g**

0.01x Each

unchanged

150624 Lion Ranch Dressing.. - BRAKES

150624 RANCH DRESSING

BRAKES **50g**

0.05 x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 228g / 638kcal

1.0

SUSTAINABILITY & FOOTPRINT...

Component	Grade	Contribution
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Food Production

1.35kg

400g	151065 Buttermilk Coated Cooked Chicken Wings		1.25kg
3.00g	10473 Spring Onions Bunch		0.00kg
3.00g	114212 Chillies Red (19 Oct 2023)		0.00kg
50.0g	150624 Lion Ranch Dressing		0.10kg

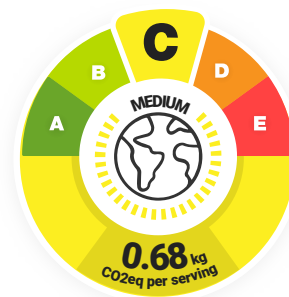
Water Usage

2.01l

400g	151065 Buttermilk Coated Cooked Chicken Wings		-
3.00g	10473 Spring Onions Bunch		0.87l
3.00g	114212 Chillies Red (19 Oct 2023)		1.14l
50.0g	150624 Lion Ranch Dressing		-

Your Transport & Packaging:

1 Serving 228g (serves 1.0)



foodprint



80% Data Quality Score

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Slice the spring onions & chillies

Method:

1. Fry the chicken wings for approx 5mins @180oC - drain
2. Place into a bowl and add the ranch dressing - toss together
3. Transfer to a suitable dish/container and finish with the sliced spring onions and chillies - serve!