



AFFILIATE OF ROYAL CARIBBEAN BAKERY



117 Route 303, Suite B • Tappan, NY 10983 • Phone: 845-398-3000 • Fax: 845-398-3001 • www.caribbeanfooddelights.com

PRODUCT SPECIFICATIONS

JAMAICAN STYLE JERK CHICKEN WINGS

Description:

Jamaican Style Jerk Chicken is marinated with our authentic Jamaican spicy jerk seasoning.

Available in 6/1.5 lbs. Spicy Jerk

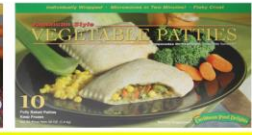
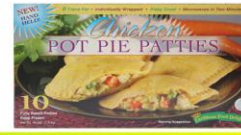
Ingredients:

Chicken Wings, Seasoning [Jerk Seasoning (Scallion, Hot Peppers, Salt, Black Pepper, Allspice, Nutmeg, Citric Acid, Sugar and Thyme), Soy Sauce (Water, Soybeans, Wheat, Salt), Spice, Salt, Sugar, Natural Smoke Flavor, Caramel Color].

Allergens:

Contains: Wheat, Soy.

UPDATED: 8 March 2016



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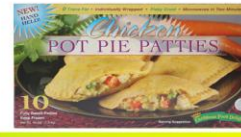
JAMAICAN STYLE JERK CHICKEN WINGS

NUTRITIONAL DATA:

Nutrition Facts			
Serving Size 3 Wings 3.6 Oz. (102g)			
Servings Per Container About 6			
Amount Per Serving			
Calories 210	Calories from Fat 140		
% Daily Value*			
Total Fat 15g	23%		
Saturated Fat 4.5g	22%		
<i>Trans</i> Fat 0g			
Cholesterol 115mg	38%		
Sodium 590mg	25%		
Total Carbohydrate 1g	0%		
Dietary Fiber 1g	4%		
Sugars 0g			
Protein 18g			
Vitamin A 4%	•		
Calcium 2%	•		
Vitamin C 0%	•		
Iron 6%	•		
*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
Sat 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	



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HEATING INSTRUCTIONS

Oven: Preheat oven to 350°F. Remove frozen wings from bag and place in a single layer on a baking sheet lined with foil or parchment paper. Reheat wings until internal temperature reaches 165°F.

Convection Oven: 9-11 minutes

Conventional Oven: 18-20 minutes

Microwave Oven: Remove frozen wings from bag and place in a single layer on a microwave safe plate. Reheat uncovered until internal temperature reaches 165°F.

1100 Watt Oven: 6-7 minutes (about 9 wings)

CAUTION: Products will be hot. Allow them to stand for 5 minutes before serving. Heating times and temperatures may vary due to differences in oven performance.