



NUTRITIONAL GUIDE

CLASSIC (BONE-IN) WINGS

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Atomic	1ea (37g)	90	5	1.5	0	45	220	1	0	0	0	10	0	10	0	94	
Cajun	1ea (37g)	90	5	1.5	0	45	210	0	0	0	0	10	0	14	0	100	
Garlic Parm	1ea (36g)	120	8	2	0	45	75	1	0	0	0	10	0	15	0	90	Milk, Soy
Hawaiian	1ea (40g)	100	5	1.5	0	45	85	3	0	2	2	10	0	9	0	88	Soy, Wheat
Hickory Smoked BBQ	1ea (40g)	100	5	1.5	0	45	150	4	0	3	3	10	0	11	0	122	
Spicy Korean Q	1ea (37g)	100	5	1.5	0	45	135	3	0	3	2	10	0	10	0	93	Soy, Wheat
Lemon Pepper	1ea (35g)	120	8	2	0	45	210	0	0	0	0	10	0	16	0	84	Milk, Soy
Louisiana Rub	1ea (34g)	110	7	2	0	45	140	0	0	0	0	10	0	14	0	91	Milk, Soy
Wings Habanero	1ea (37g)	100	5	1.5	0	45	80	4	0	3	3	10	0	9	0	84	
Mild	1ea (38g)	120	8	2	0	45	160	0	0	0	0	10	0	9	0	86	Milk, Soy
Original Hot	1ea (38g)	90	5	1.5	0	45	230	0	0	0	0	10	0	9	0	92	
Plain	1ea (37g)	90	5	1.5	0	45	30	0	0	0	0	10	0	8	0	80	
Old Bay	1ea (34g)	100	7	2	0	45	110	0	0	1	0	10	0	14	0	87	Milk, Soy

BONELESS WINGS

Description of Product	Serving Size*	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb. (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin D (mcg)	Calcium (mg)	Iron (mg)	Potassium (mg)	Allergens
Atomic	1ea (34g)	90	4.5	1	0	10	380	7	0	0	0	4	0	8	0	73	Wheat
Cajun	1ea (34g)	80	4.5	1	0	10	450	6	0	0	0	4	0	11	0	77	Wheat
Garlic Parm	1ea (31g)	110	7	1.5	0	15	260	6	0	0	0	4	0	12	0	70	Wheat, Milk, Soy
Hawaiian	1ea (34g)	90	4.5	1	0	10	270	8	0	2	2	4	0	7	0	68	Wheat, Soy
Hickory Smoked BBQ	1ea (34g)	90	4.5	1	0	10	330	9	0	3	2	5	0	9	0	95	Wheat
Spicy Korean Q	1ea (34g)	90	4.5	1	0	10	320	8	0	2	2	3	0	8	0	72	Wheat, Soy
Lemon Pepper	1ea (33g)	110	7	1.5	0	10	290	6	0	0	0	4	0	9	0	63	Wheat, Milk, Soy
Louisiana Rub	1ea (29g)	100	6	1	0	10	260	6	0	0	0	4	0	8	0	65	Wheat, Milk, Soy
Wings Habanero	1ea (34g)	90	4.5	1	0	10	270	9	0	3	2	4	0	7	0	65	Wheat
Mild	1ea (33g)	110	7	1.5	0	10	330	6	0	0	0	4	0	7	0	66	Wheat, Milk, Soy
Original Hot	1ea (33g)	80	4.5	1	0	10	390	6	0	0	0	4	0	7	0	71	Wheat
Plain	1ea (37g)	80	4.5	1	0	10	230	6	0	0	0	4	0	7	0	62	Wheat
Old Bay	1ea (29g)	100	6	1	0	10	290	6	0	1	0	4	0	8	0	63	Wheat, Milk, Soy

*Recommended limits for a 2,000 calorie daily diet are 65 grams of saturated fat and 2,300 milligrams of sodium. A 2,000 calorie daily diet is used as the basis for general nutrition advice; individual calorie needs, however, may vary.
 †Value of 0 on Sugars is based on an RDI of 30 mg/serving. Beverages will vary upon amount of drink/serving.

Izzy Nutritional Guide

Christian Drosten



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Table of Contents Izzy Nutritional Guide

1. Understanding the eBook Izzy Nutritional Guide
 - The Rise of Digital Reading Izzy Nutritional Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Izzy Nutritional Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Izzy Nutritional Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Izzy Nutritional Guide
 - Personalized Recommendations
 - Izzy Nutritional Guide User Reviews and Ratings
 - Izzy Nutritional Guide and Bestseller Lists
5. Accessing Izzy Nutritional Guide Free and Paid eBooks

- Izzy Nutritional Guide Public Domain eBooks
 - Izzy Nutritional Guide eBook Subscription Services
 - Izzy Nutritional Guide Budget-Friendly Options
6. Navigating Izzy Nutritional Guide eBook Formats
- ePub, PDF, MOBI, and More
 - Izzy Nutritional Guide Compatibility with Devices
 - Izzy Nutritional Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of Izzy Nutritional Guide
 - Highlighting and Note-Taking Izzy Nutritional Guide
 - Interactive Elements Izzy Nutritional Guide
8. Staying Engaged with Izzy Nutritional Guide
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Izzy Nutritional Guide
9. Balancing eBooks and Physical Books Izzy Nutritional Guide
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection Izzy Nutritional Guide
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Izzy Nutritional Guide
- Setting Reading Goals Izzy Nutritional Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Izzy Nutritional Guide
- Fact-Checking eBook Content of Izzy Nutritional Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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