



KELSEYS TECHNICAL DATA SHEET MANUAL

Chicken Your Way

NUTRITION | ALLERGENS | INGREDIENTS

Issued: Aug 14, 2023



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Breaded Chicken Wings (No Sauce) - Blue Cheese Dressing Side

SIZE/WEIGHT: Various

ISSUED: April 30, 2021

ITEM ID: KCHCK-005, KCHCK-007

NUTRITION:

10 Wings

Nutrition Facts	
Valeur nutritive	
Per (562 g) pour (562 g)	
Calories 1350	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 84 g	112 %
Saturated / saturés 19 g	98 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 76 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 70 g	
Cholesterol / Cholestérol 385 mg	
Sodium 3440 mg	150 %
Potassium 900 mg	19 %
Calcium 100 mg	8 %
Iron / Fer 6 mg	33 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

15 Wings

Nutrition Facts	
Valeur nutritive	
Per (776 g) pour (776 g)	
Calories 1820	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 107 g	143 %
Saturated / saturés 26 g	133 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 110 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 104 g	
Cholesterol / Cholestérol 565 mg	
Sodium 4880 mg	212 %
Potassium 1250 mg	27 %
Calcium 125 mg	10 %
Iron / Fer 9 mg	50 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chicken Wings: Chicken wing, Seasoned flour (enriched wheat flour, salt, black pepper). Fried in canola oil. **Blue Cheese Dressing:** Water, Soybean oil, Vinegar, Blue cheese (milk, salt, bacterial culture, calcium chloride, microbial enzyme, penicillium roqueforti), Sugar, Salt, Modified corn starch, Frozen egg yolk, Xanthan gum, Worcestershire sauce (vinegar, blackstrap molasses, glucose-fructose, anchovies [fish] salt, tamarind, shallots, garlic, spices, flavour, seasoning), Garlic powder, Mustard flour, Potassium sorbate, Sodium benzoate, Onion powder, Natural and artificial flavour, Spices, Phospholipase, Calcium disodium EDTA. **Carrot. Celery.**

Contains: Egg, Fish, Milk, Mustard, Soy, Wheat.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Breaded Chicken Wings (No Sauce) - Peppercorn Ranch Dressing Side

SIZE/WEIGHT: Various

ISSUED: April 30, 2021

ITEM ID: KCHCK-006, KCHCK-008

NUTRITION:

10 Wings

Nutrition Facts	
Valeur nutritive	
Per (562 g) pour (562 g)	
Calories 1340	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 84 g	112 %
Saturated / saturés 19 g	
+ Trans / trans 0.5 g	98 %
Carbohydrate / Glucides 76 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 69 g	
Cholesterol / Cholestérol 385 mg	
Sodium 3360 mg	146 %
Potassium 900 mg	19 %
Calcium 100 mg	8 %
Iron / Fer 6 mg	33 %
* 5% or less is a little , 15% or more is a lot	
* 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

15 Wings

Nutrition Facts	
Valeur nutritive	
Per (776 g) pour (776 g)	
Calories 1810	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 106 g	141 %
Saturated / saturés 26 g	
+ Trans / trans 0.5 g	133 %
Carbohydrate / Glucides 110 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 104 g	
Cholesterol / Cholestérol 565 mg	
Sodium 4800 mg	209 %
Potassium 1250 mg	27 %
Calcium 125 mg	10 %
Iron / Fer 9 mg	50 %
* 5% or less is a little , 15% or more is a lot	
* 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Ingredients: Chicken Wings: Chicken wing, Seasoned flour (enriched wheat flour, salt, black pepper). Fried in canola oil. **Ranch Dressing:** Water, Soybean oil, Vinegar, Sugar, Salt, Frozen egg yolk, Dehydrated garlic, Black peppercorns, Xanthan gum, Propylene glycol alginate, Dehydrated onion, Potassium sorbate, Sodium benzoate, Concentrated lemon juice, Flavour (contains soy lecithin), Yeast extract, Phospholipase, Calcium disodium EDTA. **Carrot. Celery.**

Contains: Egg, Soy, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Non Breaded Chicken Wings (No Sauce) - Blue Cheese Dressing Side

SIZE/WEIGHT: Various

ISSUED: April 30, 2021

ITEM ID: KCHCK-009, KCHCK-011

NUTRITION:

10 Wings

Nutrition Facts	
Valeur nutritive	
Per (467 g) pour (467 g)	
Calories 1030	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 83 g	111 %
Saturated / saturés 19 g	98 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 10 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 59 g	
Cholesterol / Cholestérol 385 mg	
Sodium 1920 mg	83 %
Potassium 850 mg	18 %
Calcium 75 mg	6 %
Iron / Fer 2 mg	11 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

15 Wings (578 g)

Nutrition Facts	
Valeur nutritive	
Per (634 g) pour (634 g)	
Calories 1350	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 105 g	140 %
Saturated / saturés 26 g	133 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 11 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 88 g	
Cholesterol / Cholestérol 565 mg	
Sodium 2600 mg	113 %
Potassium 1200 mg	26 %
Calcium 100 mg	8 %
Iron / Fer 3 mg	17 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chicken Wings: Chicken wings, Salt, Black pepper. Fried in canola oil. **Blue Cheese Dressing:** Water, Soybean oil, Vinegar, Blue cheese (milk, salt, bacterial culture, calcium chloride, microbial enzyme, penicillium roqueforti), Sugar, Salt, Modified corn starch, Frozen egg yolk, Xanthan gum, Worcestershire sauce (vinegar, blackstrap molasses, glucose-fructose, anchovies [fish] salt, tamarind, shallots, garlic, spices, flavour, seasoning), Garlic powder, Mustard flour, Potassium sorbate, Sodium benzoate, Onion powder, Natural and artificial flavour, Spices, Phospholipase, Calcium disodium EDTA. **Carrots. Celery.**

Contains: Egg, Fish, Milk, Mustard, Soy.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Non Breaded Chicken Wings (No Sauce) - Peppercorn Ranch Dressing Side

SIZE/WEIGHT: Various

ISSUED: April 30, 2021

ITEM ID: KCHCK-010, KCHCK-012

NUTRITION:

10 Wings

Nutrition Facts	
Valeur nutritive	
Per (468 g) pour (468 g)	
Calories 1020	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 83 g	111 %
Saturated / saturés 19 g	
+ Trans / trans 0.5 g	98 %
Carbohydrate / Glucides 10 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 59 g	
Cholesterol / Cholestérol 385 mg	
Sodium 1840 mg	80 %
Potassium 850 mg	18 %
Calcium 75 mg	6 %
Iron / Fer 2 mg	11 %
* 5% or less is a little , 15% or more is a lot	
* 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

15 Wings

Nutrition Facts	
Valeur nutritive	
Per (635 g) pour (635 g)	
Calories 1340	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 104 g	139 %
Saturated / saturés 25 g	
+ Trans / trans 0.5 g	128 %
Carbohydrate / Glucides 11 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 87 g	
Cholesterol / Cholestérol 565 mg	
Sodium 2520 mg	110 %
Potassium 1200 mg	26 %
Calcium 100 mg	8 %
Iron / Fer 3 mg	17 %
* 5% or less is a little , 15% or more is a lot	
* 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Ingredients: Chicken Wings: Chicken wings, Salt, Black pepper. Fried in canola oil. **Ranch Dressing:** Water, Soybean oil, Vinegar, Sugar, Salt, Frozen egg yolk, Dehydrated garlic, Black peppercorns, Xanthan gum, Propylene glycol alginate, Dehydrated onion, Potassium sorbate, Sodium benzoate, Concentrated lemon juice, Flavour (contains soy lecithin), Yeast extract, Phospholipase, Calcium disodium EDTA. **Carrot. Celery.**

Contains: Egg, Soy.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Chicken Bites (No Sauce)
SIZE/WEIGHT: 312 g
ISSUED: April 24, 2023
ITEM ID: KCHCK-020

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (312 g) pour (312 g)	
Calories 470	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 60 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 43 g	
Cholesterol / Cholestérol 145 mg	
Sodium 1670 mg	73 %
Potassium 125 mg	3 %
Calcium 50 mg	4 %
Iron / Fer 5.5 mg	31 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chicken Bites: Seasoned chicken thigh (boneless skinless chicken thigh, water, salt, white pepper), Chicken tender seasoning (wheat flour, modified corn starch, salt, spices, baking powder, onion powder, garlic powder, spice extract), House batter (carbonated water, wheat flour, modified corn starch, sea salt, salt, cajun seasoning [spices, salt, garlic powder, onion powder, herbs, vegetable oil, silicon dioxide, natural flavour], baking powder), Carbonated water, Jalapenos (jalapeno peppers, water, salt, acetic acid, citric acid, sodium benzoate, potassium sorbate, calcium chloride, sodium metabisulphite, curcumin). Fried in canola oil.

Contains: Sulphites, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Chicken Fingers
SIZE/WEIGHT: 315 g
ISSUED: April 24, 2023
ITEM ID: KCHCK-024

NUTRITION:

5 Chicken Fingers (315 g)

Nutrition Facts	
Valeur nutritive	
Per (315 g) pour (315 g)	
Calories 550	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 7 g	9 %
Saturated / saturés 1 g	
+ Trans / trans 0 g	5 %
Carbohydrate / Glucides 74 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 46 g	
Cholesterol / Cholestérol 120 mg	
Sodium 2610 mg	113 %
Potassium 700 mg	15 %
Calcium 40 mg	3 %
Iron / Fer 5.5 mg	31 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Add on 1 Chicken Finger (63 g)

Nutrition Facts	
Valeur nutritive	
Per (63 g) pour (63 g)	
Calories 110	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.2 g	
+ Trans / trans 0 g	1 %
Carbohydrate / Glucides 15 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 25 mg	
Sodium 520 mg	23 %
Potassium 150 mg	3 %
Calcium 10 mg	1 %
Iron / Fer 1 mg	6 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chicken Fingers: Boneless, skinless chicken breast tenders, Chicken coater (wheat flour, modified corn starch, salt, spices, baking powder, onion powder, garlic powder, spice extract), Carbonated water, Wheat flour, Sea salt, Salt, Black pepper. Fried in canola oil.

Contains: Wheat.

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