



317 - Onion Ring, Breaded Gourmet 5/8"

Ct./Lb 12-16

Brand: Fry Foods, Inc.®

Nutrition Facts

Serving Size 3 pieces (100g) (3piece)
Servings Per Container: 0

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	23%
Potassium 91mg	2%
Total Carbohydrate 35g	13%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 19 mg	•	Iron 2 mg
Vitamin D 0mcg	•	

*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
Potassium		3,500mg	3,500mg
Total Carbs.		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

Onion, Wheat Flour, Water, Yellow Corn Flour, Modified Corn Starch, Salt, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Spice, Sugar, Yeast, Soybean Oil, Dextrose, Extractives of Turmeric, Paprika And Annatto (Color).

Case Specifications

GTIN	10026846003170	Case Gross Weight	8.90 LB
UPC		Case Net Weight	8 LB
Pack Size	4 / 2LB	Case L,W,H	16.13 IN, 12 IN, 7.38 IN
Shelf Life	547 Days	Cube	0.83 CF
Tie x High	10 x 11		

Preparation and Cooking

Deep fry frozen product at 350F for 2 minutes

Serving Suggestions

3pieces

Packaging and Storage

Keep Frozen

Allergens

CONTAINS:
Wheat or Wheat Derivatives

FREE FROM:
Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Molluscs or Mollusc Derivatives, Peanuts or Peanut Derivatives, Shellfish or Shellfish Derivatives, Soybeans or Soybean Derivatives, Treenuts or Treenut Derivatives