



# 031 - Okra, Sliced, Breaded Homestyle 1/2" cut

Ct/Lb 50-70

## Nutrition Facts

Serving Size 15 pieces (100g)  
(15piece) Servings Per Container: 54

### Amount Per Serving

**Calories 160**

### % Daily Value\*

<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 640mg	28%
<b>Potassium</b> 161mg	4%
<b>Total Carbohydrate</b> 34g	12%
Dietary Fiber 0g	0%
Sugars 1g	
<b>Protein</b> 4g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 41 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

Okra, Water, Wheat Flour, Yellow Corn Flour, Modified Corn Starch, Salt, Dextrose, Soybean Oil, Sugar, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Extractives of Paprika, Spice, Whey.

## Case Specifications

<b>GTIN</b>	10026846000315	<b>Case Gross Weight</b>	12.50 LB
<b>UPC</b>		<b>Case Net Weight</b>	12 LB
<b>Pack Size</b>	4 / 3 LB	<b>Case L,W,H</b>	15.31 IN, 9.75 IN, 6.63 IN
<b>Shelf Life</b>	547 Days	<b>Cube</b>	0.57 CF
<b>Tie x High</b>	12 x 12		

## Preparation and Cooking

Deep fry frozen product at 350F 2 minutes

## Serving Suggestions

12 pieces

## Packaging and Storage

Keep Frozen

## Allergens

**CONTAINS:**  
Milk or Milk Derivatives, Wheat or Wheat Derivatives

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