



# 322 - Onion Ring, Breaded Gourmet 3/4"

Ct./Lb 10-20



## Nutrition Facts

Serving Size 3 pieces (100g)  
(3piece) Servings Per Container: 72

### 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> 530mg	23%
<b>Potassium</b> 91mg	2%
<b>Total Carbohydrate</b> 35g	13%
Dietary Fiber 1g	4%
Sugars 3g	
<b>Protein</b> 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

<b>GTIN</b>	10026846003224	<b>Case Gross Weight</b>	17.50 LB
<b>UPC</b>		<b>Case Net Weight</b>	16 LB
<b>Pack Size</b>	8 / 2 LB	<b>Case L,W,H</b>	15.99 IN, 11.75 IN, 13.75 IN
<b>Shelf Life</b>	547 Days	<b>Cube</b>	1.50 CF
<b>Tie x High</b>	10 x 11		

## Preparation and Cooking

**Deep Fry:** Deep fry frozen product at 350°F for 1 ½ to 2 minutes

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## Serving Suggestions

3 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