



123 - Onion Rings, Battered 3/8"

Ct./Lb 22-28

Brand: Fry Foods, Inc.®

Nutrition Facts

Serving Size 5 pieces (100g) (100g)
Servings Per Container: 0

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 620mg	27%
Potassium 78mg	2%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 2%
Calcium 28 mg	•	Iron 1 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, Water, Wheat Flour, Yellow Corn Flour, Salt, Soybean Oil, Modified Corn Starch, Dextrose, Sugar, Leavening (Sodium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Spice, Extractives of Paprika, Whey.

Case Specifications

GTIN	00048200153430	Case Gross Weight	11 LB
UPC		Case Net Weight	10 LB
Pack Size	4 / 2.5LB	Case L,W,H	15.56 IN, 11.88 IN, 9 IN
Shelf Life	547 Days	Cube	0.97 CF
Tie x High	10 x 9		

Preparation and Cooking

Deep fry frozen product at 350F 2 minutes

Serving Suggestions

4 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