



Effective Date: 12/17/2014
Supersedes: 10/31/2014

Code: 33504

Product Name: Oven Ready Whole Grain Breaded Onion Rings **Serving Size: 2.69 oz.**

Each 2.69 oz serving of Whole Grain Breaded Onion Rings provides 1.0 oz eq grains and ¼ cup other vegetable.

Product Info



PREPARATION – for best results

Keep frozen until ready to prepare

1. Preheat convection oven to 425°F (conventional oven to 450°F).
2. Place frozen breaded onion rings on parchment lined sheet full sheet pan.
3. Bake onion rings for 10 – 11 minutes until crispy (bake in conventional oven for 12 – 14 minutes). **Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.**
4. Remove from oven. Serve.
5. Holding: Hold for up to 1 hour in a dry warmer at 145°F.

Nutrition Facts

Serving Size 5 Pieces (77g)

Amount Per Serving

Calories 200 **Calories from Fat 70**

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 5g	

Protein 3g

Vitamin A 0% • Vitamin C 4%

Calcium 10% • Iron 6%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Shelf life: 12 months frozen (-10° - 15°F)
 Ti-Hi: 5 x 9
 Cases/pallet: 45
 Case cube: 1.91 ft³; Dimension: 23.25”x15.81”x9.00”
 Pallet height: 86.50-in
 Gross case wt: 31.00 lbs Net: 30.00 lbs
 Pallets/truck: 28
 UPC: 10652777002526

ALLERGENS: Contains Wheat, Soy, & Milk

GRAINS: At least 50% of the grains used in this product are whole grains

Ingredients: Onions, Whole Wheat Flour, Water, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Starch, Sugar, Contains Less than 2% of: Enriched Yellow Corn Flour (Yellow Corn Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Onion Powder, Garlic Powder, Whey, Yeast, Modified Corn Starch, Spice, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Extractives of Paprika, Guar Gum, Methylcellulose, Calcium Chloride, Sodium Alginate, Salt, Soybean Oil.

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 Dir./Tech. Services
 Tasty Brands

CONTAINS: 178 – 2.69 OZ SERVINGS PER CASE
 (5 ONION RINGS PER SERVING)