

Effective Date: 05/06/2016 Supersedes: 07/01/2014

Serving Size: 3.20 oz. Pack: 6 / 5 lb bags

Code: 33500

Product Name: Pre-Cooked Oven Ready WG Breaded Okra

Statement of Child Nutrition Meal Pattern Equivalency: Each 3.20 oz. serving of Whole Grain Breaded Okra provides 1.0 oz eq grains and ¼ cup serving of other vegetable for the Child Nutrition Meal Pattern Requirements.



Nutrition Facts

Serving Size 17 Pieces (91g)

Amount Per Serving]	
Calories 160	Calories from Fat	50
	% Daily Val	ue*
Total Fat 6g	g	9%
Saturated Fat	: 1g 5	5 %
Trans Fat 0g		
Cholesterol 0m	ıg 0)%
Sodium 200mg	8	3%
Total Carbohyd	Irate 24g 8	3%
Dietary Fiber	3g 12	2%
Sugars 2g		

Protein 4g

Vitamin A 4%	6 • '	Vitamin (6%		
Calcium 4%	•	Iron 8%			
*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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g		

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

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Product Info

PREPARATION – for best results Keep frozen until ready to prepare

- 1.Preheat convection oven to 350°F (conventional oven to 400°F).
- 2.Place frozen okra on parchment lined sheet full sheet pan.
- 3.Bake okra for 11 13 minutes until crispy (bake in conventional oven for 14 15 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.

Shelf life: $12 \text{ months frozen } (-10^{\circ} - 0^{\circ}\text{F})$

Dim: 15.75" x11.875" x 13.5"

Ti-Hi: 10×6 Case cube: 1.46 ft^3

Cases/pallet: 60 Pallet height: 92-inches

Gross case wt: 31.00 lbs; Net wt: 30.00 lbs

Pallets/truck: 28

UPC: 00852777002110

ALLERGENS: Contains Wheat, Soy, & Milk

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

whole grains.

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

CONTAINS: 150– 3.20 OZ SERVINGS PER CASE (17 OVEN READY OKRA PER SERVING)