



Effective Date: 02/04/2013  
Supersedes: 07/01/2012

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

## Nutrition Facts

Serving Size 5 Pieces (77g)

Amount Per Serving

Calories 190      Calories from Fat 70

% Daily Value\*

Total Fat 8g      12%

Saturated Fat 1.5g      8%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 310mg      13%

Total Carbohydrate 27g      9%

Dietary Fiber 3g      12%

Sugars 5g

Protein 3g

Vitamin A 0%      • Vitamin C 4%

Calcium 4%      • 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

## SPECIFICATIONS

Shelf life: 12 months frozen (-10° - 15°F)

Ti-Hi: 9 x 5

Cases/pallet: 45

Case cube: 1.46 ft<sup>3</sup>; Dimension: 15.8"x11.9"x13.5"

Pallet height: 73-in

Gross case wt: 31.00 lbs      Net: 30.00 lbs

Pallets/truck: 28

UPC: 10852777002520

## INGREDIENTS

INGREDIENTS: Onions, Whole Wheat Flour, Water, Enriched Bleached Wheat Flour (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Starch, Sugar, Contains Less Than 2% Of: Enriched Yellow Corn Flour (Enriched With 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.

### ALLERGENS

Contains: Wheat and Soy

### GRAINS

50% of the grains used in this product are whole grains

## COOKING INSTRUCTIONS

**KEEP FROZEN UNTIL READY TO USE. HEAT THOROUGHLY BEFORE EATING**

PREPARE FROM FROZEN:

Preheat convection oven to 350°F. Heat for 10 – 11 minutes.

LET PRODUCT STAND BEFORE SERVING

NOTE: OVENS WILL VARY SO PLEASE ADJUST TIME AND TEMPERATURE. INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F).

Andrew P. Signorelli  
Dir./Tech. Services  
Tasty Brands

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

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