

PRODUCT DESCRIPTION:

Fresh cut breaded southern style okra.

- Perfect for lunch and dinner appetizers, side dishes and happy hour.
- Cooks in 3-5 minutes.
- Frozen for easy preparation and consistent quality control.

MENU APPLICATIONS:

- Pan fry or deep fry.
- Season to taste.
- Do not overload deep fryer or skillet.

PREP INSTRUCTIONS:

Cooking Instructions: (Per 1 LB Product) Cooking times may vary, based on cooking equipment and actual temperatures used. Refrigerate or discard any unused heated product. Caution: Ice Crystals on Frozen Foods can cause spattering when added to hot oil. Add product carefully. *PRODUCT MUST BE FULLY COOKED. *DO NOT ALLOW PRODUCT TO THAW. DEEP FRY: Fry frozen product at 350°F for 3-4 minutes. * Not designed for microwave preparation. Cooking times may vary based on cooking equipment and actual temperatures used. Refrigerate or discard any unused heated product.



INGREDIENTS:

INGREDIENTS: OKRA, WHEAT FLOUR, WATER, YELLOW CORN FLOUR, WHEY, CONTAINS 2% OR LESS: SALT, DEXTROSE, ONION POWDER, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SUGAR, SOYBEAN OIL, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, CELERY SEEDS, SPICE EXTRACTIVE, SPICE, NATURAL FLAVOR.

Cooking Method	Temp	Time	Instructions
Deep Fry	350 °F	3-4 MINUTES	Cook before serving
Auto Frying System	365 °F	3-4 MINUTES	

SHIPPING INFO / SHELF LIFE:

SHIPPING INFO:

GTIN (Case):	10077700000309
Gross Weight:	22.30
Net Weight:	20.00
Each Weight:	3.06
Cube:	0.91
Dimensions (LxWxH):	17.75 x 11.13 x 8
Cases/Pallet:	81
Tie:	9
High:	9
SHELF LIFE:	365

ALLERGENS:

Contains Milk or its Derivatives, Wheat or its Derivatives,



Karen Wilder

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NUTRITION INFORMATION:

Serving Size:	3/4 cup (87g)	-
Serving Size (grams):	87	-
Serving Size (weight oz):	3.06	-
Eaches/Case:	4	-
Inner Packs/Case:	4	-
Servings/Case:	ABOUT 104	-
Calories:	100	-
Calories From Fat:	0	-
Calories From Saturated Fat:	0	-
Total Fat:	0	0%
Saturated Fat:	0	0%
Trans Fat:	0	-
Cholesterol:	0	0%
Sodium:	570	24%
Potassium:	135	4%
Total Carbohydrate:	22	7%
Total Dietary Fiber:	2	8%
Sugars:	2	-
Protein:	3	-
Vitamin A:	-	4%
Vitamin C:	-	4%
Calcium:	-	4%
Iron:	-	4%
Whole Grain:	-	-

* Percent Daily Values are based on a 2,000 calorie diet.

