



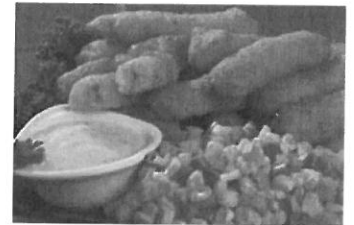
- BREADED CHEESE
- BATTERED CHEESE
- BREADED JALAPENOS
- BREADED ONION RINGS
- BATTERED ONION RINGS
- BREADED VEGETABLES
- BATTERED VEGETABLES
- Battered Zucchini Slices Crinkle Cut
- Battered Zucchini Sticks
- Battered Corn Nuggets
- Golden Fried Cauliflower Florets
- Golden Fried Whole Button Mushrooms
- Battered Vegetable Sticks →
- Battered Green Bean Fries
- SOUTHERN STYLE APPETIZERS
- BREW HOUSE™
- SPECIALTY ITEMS
- POTATOES

Home → Foodservice → Products → BATTERED VEGETABLES → Battered Vegetable Sticks → Nutrition

Battered Vegetable Sticks - Item #30360

A tasty blend of corn, carrots and green beans formed into delicious sticks and lightly battered.

GPS # 453852



Details Nutrition Preparation

INGREDIENTS

WATER, ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CORN, GREEN BEANS, CARROTS, ONIONS, YELLOW CORN FLOUR, MODIFIED FOOD STARCH. CONTAINS LESS THAN 2% OF: SPICE, NATURAL FLAVOR, NONFAT MILK, WHEY, SOY FLOUR, EGG, DEXTROSE, SUGAR, MALTODEXTRIN, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOYBEAN OIL, CORN STARCH, GELATINIZED WHEAT STARCH, SODIUM ALGINATE, METHYLCELLULOSE, AUTOLYZED YEAST EXTRACT, SODIUM TRIPOLYPHOSPHATE, COLORED WITH OLEORESIN PAPRIKA. PRE-FRIED IN VEGETABLE OIL (SOYBEAN AND/OR CORN OIL).

ALLERGENS: WHEAT, MILK, SOY, AND EGG.

Nutrition Facts	
Serving Size: 4 pieces (91g)	
Servings Per Container: About 10	
Amount Per Serving	
Calories	170
Calories from Fat	70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 3g	
Vitamin A 20% • Vitamin C 4%	
Calcium 0% • 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	