

**KEEP FROZEN
COOK THOROUGHLY
UPC CODE 55150**

**2/5 LB. PKGS.
NET WT. 10 LBS.
(4.54 kg)**



HUSHPUPIES

INGREDIENTS: Onions, Enriched Yellow Corn Meal (yellow corn meal, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Enriched Bleached Wheat Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Soybean Oil with dimethylpolysiloxane (antifoam) added, Sugar, may contain two percent or less of: buttermilk, salt, leavening (sodium bicarbonate, sodium aluminum phosphate), spice, dried parsley, and guar gum.
Contains: Wheat and Milk Ingredients.

COOKING INSTRUCTIONS:

Deep Fry: For best results, thaw for 30 minutes, then deep fry at 350° F. for 2 to 3 minutes.
Bake: For best results, pre-heat oven to 400° F., arrange hushpuppies on baking sheet and place on center rack of oven. Bake at 400° F. for 9 minutes, turn hushpuppies and bake an additional 9 minutes.

FOR FOOD SAFETY AND QUALITY:

Carefully follow cooking instructions.
Internal temperature should reach 165° F.
Refrigerate leftovers.

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Nutrition Facts

Serving Size 3 hushpuppies (49 g)
Servings Per Container about 47

Amount Per Serving		% Daily Value*	
Calories	120	Calories from Fat	40
Total Fat	4.5g		7%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0 mg		0%
Sodium	360 mg		15%
Total Carbohydrate	18g		6%
Dietary Fiber	1g		6%
Sugars	2g		

Protein 2g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 4%

* Percent Daily Values are based on 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
Sat. 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