



PRODUCT CODE: 96210799

DESCRIPTION: BATTERED PREFORMED ONION RINGS

Nutrition Facts	
Serving Size 6 pieces (91g)	
Serving Per Container: about 10	
Amount Per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
TransFat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Potassium NA	
Total Carbohydrate 25g	8%
Dietary Fiber 2g	7%
Sugars 6g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%
* 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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENT STATEMENT: Diced Onions, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean And/Or Canola), Water, Corn Starch, Wheat Flour. Contains 2% or less of: Bleached Wheat Flour, Blue 1, Calcium Chloride, Calcium Caseinate, Dextrose, Extractives of Paprika (color), Food Starch - Modified, Guar Gum, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural and Artificial Flavors, Potato Starch, Red 40, Salt, Sodium Alginate, Spices, Sugar, Whey, Yellow Corn Flour, Yellow 5.
Contains: Milk, Wheat

Susan Johnston
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