

BREADED ONION RINGS

NO IMAGE

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 10.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-10701 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|-------------------|------------|
| ONION RING BRD WGRAIN | 10 Each | | 234061 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.500 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 10.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 400.00 |
| Fat | 16.00g |
| SaturatedFat | 3.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 400.00mg |
| Carbohydrates | 56.00g |
| Fiber | 6.00g |
| Sugar | 10.00g |
| Protein | 6.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 200.00mg | Iron 2.16mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available