

Breaded Okra



| | | | |
|----------------------|---------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-9945 |
| School: | Central Elementary School | | |

Ingredients

| Description Measurement | | Prep Instructions | DistPart # |
|-------------------------|---------|--|------------|
| OKRA BRD HVY | 1/2 Cup | DEEP_FRY COOKING INSTRUCTIONS: COOK BEFORE SERVING. STORE AT OR BELOW 0°F. FOR FOOD SAFETY AND QUALITY COOK TO AN INTERNAL TEMPERATURE OF 160°. DUE TO VARIANCES IN APPLIANCES COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS. PREPARE FROM FROZEN. DO NOT THAW AND REFREEZE. REMOVE OKRA FROM PACKAGING BEFORE FRYING. DEEP FRYER Fry Oil Temperature: 350°F Fry Time: 3- 5 minutes. AUTO FRYING SYSTEM Fry Oil Temperature: 365°F Fry Time: 3 - 5 minutes. CAUTION:OIL AND PRODUCT WILL BE HOT. NOT DESIGNED FOR MICROWAVE PREPARATION. REFRIGERATE OR DISCARD ANY UNUSED PORTIONS. | 172531 |

Preparation Instructions

Cook from frozen. Deep fryer frying oil temp 350 degrees. Deep fry 5-6 minutes.

CCP: Heat to 135° F or higher.

CCP: Hold for hot service at 135° F or higher.

4 ounce spoodle

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| 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: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|---------|------------------|--------|
| Calories | | 89.39 | |
| Fat | | 0.00g | |
| SaturatedFat | | 0.00g | |
| Trans Fat* | | 0.00g | |
| Cholesterol | | 0.00mg | |
| Sodium | | 311.97mg | |
| Carbohydrates | | 18.94g | |
| Fiber | | 0.91g | |
| Sugar | | 1.52g | |
| Protein | | 2.65g | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 34.77mg | Iron | 0.91mg |

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

Nutrition - Per 100g

No 100g Conversion Available