

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 HVV	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