

# Onion Rings

<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-17401

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BATRD 3/8IN	1 Each	<b>BAKE</b> PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4-3 4 MINUTES ON EACH SIDE. <b>CONVECTION</b> PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1 2 MINUTES ON EACH SIDE. <b>DEEP_FRY</b> FRY FROZEN PRODUCT AT 350°F FOR 2 TO 2-1 2 MINUTES.	267100

## Preparation Instructions

**BAKE**

PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 4-3

4 MINUTES ON EACH SIDE.

**CONVECTION**

PREHEAT OVEN TO 475°F. PLACE FROZEN PRODUCT IN A SINGLE LAYER ON A SHEET PAN AND BAKE FOR 3-1

2 MINUTES ON EACH SIDE.

**DEEP\_FRY**

FRY FROZEN PRODUCT AT 350°F FOR 2 TO 2-1

2 MINUTES.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	38.33		
<b>Fat</b>	1.67g		
<b>Saturated Fat</b>	0.25g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	111.67mg		
<b>Carbohydrates</b>	5.17g		
<b>Fiber</b>	0.17g		
<b>Total Sugar</b>	0.67g		
<b>Added Sugar</b>	0.33g		
<b>Protein</b>	0.50g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.33mg	<b>Iron</b>	0.38mg

## Nutrition - Per 100g

No 100g Conversion Available