

Onion Rings

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BATRD 3/8IN	1 Each	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.	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

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

Nutrition - Per 100g

No 100g Conversion Available