

Onion Rings



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-55452
School:	Walton-Verona MiddleHigh		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION RING BRD WGRAIN	2 3/4 Ounce	Basic Preparation CONVECTION OVEN: PREHEAT OVEN TO 350°F; HEAT FOR 10-11 MINUTES. LET PRODUCT STAND BEFORE SERVING	234061

Preparation Instructions

25 servings per bag

150 servings per case

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
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	107.60
Fat	4.30g
Saturated Fat	0.81g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	107.60mg
Carbohydrates	15.06g
Fiber	1.61g
Total Sugar	2.69g
Added Sugar	0.00g
Protein	1.61g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 53.80mg	Iron 0.58mg

Nutrition - Per 100g

No 100g Conversion Available