

Item #: 33504

# Oven Ready WG Breaded Onion Rings

Effective Date: 06/15/2023  
Supersedes: 11/02/2022

Pack Size: 6/5 lb. bags  
Serving Size: 2.69 oz

STATEMENT OF CHILD NUTRITION FOOD BASED MEAL PATTERN EQUIVALENCY: Each 2.69 oz serving of Whole Grain Breaded Onion Rings provides 1.0 oz eq grains and ¼ cup other vegetable.

## PRODUCT INFORMATION



### PREPARATION – for best results keep frozen until ready to prepare

1. Preheat convection oven to 425°F (conventional oven to 450°F).
2. Place frozen breaded onion rings on parchment lined full sheet pan.
3. Bake onion rings for 10 – 11 minutes until crispy (bake in conventional oven for 12 – 14 minutes). **Note: cooking equipment, equipment settings, and kitchen conditions will vary so cooking time may need adjusting. Cook all food thoroughly to 165°F.**
4. Remove from oven. Serve.
5. Holding: Hold for up to 1 hour in a dry warmer at 145°F.

## Nutrition Facts

Serving size **5 Pieces (77g)**

Amount per serving

**Calories 200**

% Daily Value\*

<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 4g Added Sugars	<b>8%</b>

**Protein** 3g

Vitamin D 0mcg	<b>0%</b>
Calcium 50mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 120mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Kelly Orlando*, QA & Regulatory Manager

**Shelf life:** 15 months frozen (-10° - 15°F) **Dimension:** 19.875"x11.750"x14.500"  
**Ti-Hi:** 8 x 6 **Case cube:** 1.96 ft<sup>3</sup>  
**Cases/pallet:** 48 **Pallet height:** 92.50"  
**Gross case wt:** 31.00 lbs. **Net wt:** 30.00 lbs.  
**Pallets/truck:** 28  
**UPC:** 10652777002526  
**ALLERGENS:** Contains Egg, Milk, Soy & Wheat.  
**GRAINS:** At least 50% of the grains used in this product are whole grains

### INGREDIENTS

Onions, Whole Wheat Flour, Water, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Starch, Sugar, Contains Less Than 2% Of: Yellow Corn Flour, Onion Powder, Garlic Powder, Whey, Yeast, Modified Corn Starch, Spice, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Extractives Of Paprika, Guar Gum, Methylcellulose Gum, Soy Flour, Dried Whole Eggs, Calcium Chloride, Sodium Alginate, Salt, Soybean Oil. Prefried In Vegetable Oil (Soybean And/Or Canola)

CONTAINS: 178 – 2.69 OZ SERVINGS PER CASE  
(5 ONION RINGS PER SERVING)