

# Breaded Onion Rings

IRREGULARS

Formed, Made from Chopped & Minced Onion

411896



*Icy Waters*  
EST. 1973

COOKING INSTRUCTIONS: DEEP FRYER: COOK FROM FROZEN. DEEP FRY IN HOT OIL AT 350 DEGREES F. FOR 90 SECONDS. CONVENTIONAL OVEN: COOK FROM FROZEN. BAKE ON SHEET PAN AT 375 DEGREES F. FOR 12 TO 15 MINUTES. COOK LONGER FOR A CRISPIER RING.

PRODUCT MUST BE COOKED FULLY PRIOR TO SERVING

NET WT 24 LB (10.89 kg)

TRIDENT SEAFOODS CORP., SEATTLE, WA 98107-4000 USA

## Nutrition Facts

Serving Size 12 Rings (85g)  
Servings Per Container about 128

### Amount Per Serving

Calories 240    Calories from Fat 70

	% Daily Value *
Total Fat 8g	12 %
Saturated Fat 1.5g	8 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 430mg	18 %
Total Carbohydrate 37g	12 %
Dietary Fiber 3g	12 %
Sugars 4g	

### Protein 4g

Vitamin A 0%    •    Vitamin C 0%  
Calcium 10%    •    Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

LOT:

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INGREDIENTS: REHYDRATED ONION, BLEACHED WHEAT FLOUR, PARTIALLY HYDROGENATED SOYBEAN OIL, WATER, YELLOW CORN FLOUR, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: GELATINIZED WHEAT STARCH, CORN STARCH, CALCIUM CHLORIDE, MODIFIED FOOD STARCH, METHYLCELLULOSE, SALT, FRUCTOSE, GUAR GUM, SODIUM ALGINATE, DEXTROSE, YEAST, SODIUM BICARBONATE, GLUCANO DELTA LACTONE, SODIUM TRIPOLYPHOSPHATE, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, PARTIALLY HYDROGENATED COTTONSEED OIL, NATURAL FLAVORS, GRILL FLAVOR, GARLIC POWDER, HYDROXYPROPYL METHYLCELLULOSE, SORBITOL.

ALLERGY INFORMATION: CONTAINS WHEAT

KEEP FROZEN

CODE: A19350

PRODUCT OF U.S.A.    CFN# 3025165



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