



Okra, Breaded

Product Details:

Item Number: 613459  
Pack Size: 4 / 5 lb Bags  
Serving Per Case: 106  
Net Weight: 20 lbs.

Kosher: No  
Meal Contribution:  
Class: Always Available  
Shelf Life:  
Temperature Class: Frozen  
Cook State: Fully Cooked  
GTIN-12 UPC:  
GTIN-14: 10077700621207

Sales Price Per LB: N/A  
Case Price: N/A

Ingredients:

INGREDIENTS: OKRA, WATER, WHEAT FLOUR, YELLOW CORN FLOUR, CONTAINS 2% OR LESS: SALT, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOYBEAN OIL, PAPRIKA, WHEY, MUSTARD.

Allergen Statement:

Milk or its Derivatives, Wheat or its Derivatives,

Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

Serving Size	85g or 3/4 Cup
Amount Per Serving	
Calories	70
	% Daily Value *
Total Fat	-
Saturated Fat	-
Trans Fat	-
Cholesterol	-
Sodium 320	14%
Total Carbohydrate 15	6%
Dietary Fiber 2	6%
Total Sugars 2	-
Incl. Added Sugars	-
Protein 2	-
Vitamin D	-
Calcium 49	4%
Iron 1	2%
Potassium 143	4%

\* 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.

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### Preparation and Additional Information:

#### Instructions for Preparation and Cooking:

COOKING INSTRUCTIONS: COOK BEFORE SERVING. STORE AT OR BELOW 0°F. FOR FOOD SAFETY

AND QUALITY COOK TO AN INTERNAL TEMPERATURE OF 160°. DUE TO VARIANCES IN APPLIANCES

COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS. PREPARE FROM FROZEN. DO

NOT THAW AND REFREEZE. REMOVE OKRA FROM PACKAGING BEFORE FRYING. DEEP FRYER Fry Oil

Temperature: 350°F Fry Time: 3- 5 minutes. AUTO FRYING SYSTEM Fry Oil Temperature: 365°F Fry Time: 3 -

5 minutes. CAUTION: OIL AND PRODUCT WILL BE HOT. NOT DESIGNED FOR MICROWAVE

PREPARATION. REFRIGERATE OR DISCARD ANY UNUSED PORTIONS.

Deep Fry 350 °F 3-5 MINUTES Cook before serving

Auto Frying System 365 °F 3-5 MINUTES Cook before serving

Pan Fry 350 °F 4-6 MINUTES Cook before serving

### Logistics Information:

**Gross Weight:** 22.3 lbs

**Case Dimensions:** 17 X 11 X 8

**Pallet Count:** 90

**Cube:** 0.866

**Block and Tier:** 9 and 10

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

#### National Food Group

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