

PRODUCT DESCRIPTION:

Fresh cut Okra, heavily breaded with our mix of flour and savory seasonings, such as paprika and mustard

- Perfect as an appetizer, side dish, or happy hour snack # leverage Sell sheet 5 ways
- Made with Grade A IQF Okra for consistent taste, texture, and appearance every time
- Not par-fried, never cooked until you prepare it on-site
- Fries quickly, in 3-5 minutes
- Each master case contains four 5-lb bags

MENU APPLICATIONS:

- Pan fry or deep fry.
- Season to taste.
- Do not overload deep fryer or skillet.

PREP INSTRUCTIONS:

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.



INGREDIENTS:

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

Cooking Method	Temp	Time	Instructions
Deep Fry	350 °F	3-5 MINUTES	Cook before serving
Auto Frying System	360 °F	3-5 MINUTES	Cook before serving
Pan Fry	350 °F	4-6 MINUTES	Cook before serving

SHIPPING INFO / SHELF LIFE:

SHIPPING INFO:

GTIN (Case):	10077700731203
Gross Weight:	22.30
Net Weight:	20.00
Each Weight:	2.99
Cube:	0.84
Dimensions (LxWxH):	16.94 x 10.94 x 7.88
Cases/Pallet:	90
Tie:	9
High:	10
SHELF LIFE:	365

ALLERGENS:

Contains Milk or its Derivatives, Wheat or its Derivatives,



Karen Wilder

Karen Wilder, RD, MPH, LD
 Sr Director, Scientific & Regulatory Affairs

NUTRITION INFORMATION:

Serving Size:	2/3 Cup (85g)	-
Serving Size (grams):	85	-
Serving Size (weight oz):	2.99	-
Eaches/Case:	4	-
Inner Packs/Case:	4	-
Servings/Case:	ABOUT 106	-
Calories:	100	-
Calories From Fat:	0	-
Calories From Saturated Fat:	0	-
Total Fat:	0	1%
Saturated Fat:	0	1%
Trans Fat:	0	-
Cholesterol:	0	0%
Sodium:	350	15%
Potassium:	125	2%
Total Carbohydrate:	21	8%
Total Dietary Fiber:	1	5%
Sugars:	2	-
Protein:	3	-
Vitamin A:	0	0%
Vitamin C:	3	4%
Calcium:	39	4%
Iron:	1	4%
Whole Grain:	0	0%

* Percent Daily Values are based on a 2,000 calorie diet.

