

**PRODUCT DESCRIPTION:**

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

- Perfect as an appetizer, side dish, or happy hour snack
- 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
- Frozen for easy preparation. Crunchy, consistent quality every time
- 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, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOYBEAN OIL, PAPRIKA, WHEY, MUSTARD.

Cooking Method	Temp	Time	Instructions
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

**SHIPPING INFO / SHELF LIFE:**

**SHIPPING INFO:**

<b>GTIN (Case):</b>	10077700621207
<b>Gross Weight:</b>	22.30
<b>Net Weight:</b>	20.00
<b>Each Weight:</b>	2.99
<b>Cube:</b>	0.87
<b>Dimensions (LxWxH):</b>	17 x 11 x 8
<b>Cases/Pallet:</b>	90
<b>Tie:</b>	9
<b>High:</b>	10
<b>SHELF LIFE:</b>	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:

<b>Serving Size:</b>	3/4 Cup (85g)	-
<b>Serving Size (grams):</b>	85	-
<b>Serving Size (weight oz):</b>	2.99	-
<b>Eaches/Case:</b>	4	-
<b>Inner Packs/Case:</b>	4	-
<b>Servings/Case:</b>	ABOUT 106	-
<b>Calories:</b>	70	-
<b>Calories From Fat:</b>	0	-
<b>Calories From Saturated Fat:</b>	0	-
<b>Total Fat:</b>	0	0%
<b>Saturated Fat:</b>	0	0%
<b>Trans Fat:</b>	0	-
<b>Cholesterol:</b>	0	0%
<b>Sodium:</b>	320	14%
<b>Potassium:</b>	143	4%
<b>Total Carbohydrate:</b>	15	6%
<b>Total Dietary Fiber:</b>	2	6%
<b>Sugars:</b>	2	-
<b>Protein:</b>	2	-
<b>Vitamin A:</b>	0	0%
<b>Vitamin C:</b>	4	4%
<b>Calcium:</b>	49	4%
<b>Iron:</b>	1	2%
<b>Whole Grain:</b>	0	0%

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

