



ANCHOR

# 007394 - Appetizer Cauliflower Battered

Anchor Brand Battered Cauliflower are cauliflower florets covered in a light, black pepper-flecked batter. Great as an appetizer, premium side, for snacking, or more!



### \* Benefits

## Nutrition Facts

Servings per Container 16  
Serving size 8pcs/8piezas(85g)

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugar	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 1.6mg	9%
Potassium 140mg	3%

\* The % Daily Value (DV) 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.

### Ingredients

INGREDIENTS: Cauliflower, Water, Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean And/OR Canola Oil), Bleached Wheat Flour, Bleached Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour. Contains 2% or less of Blue 1, Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Iodized Salt (Salt, Sodium Bicarbonate, Sodium Thiosulfate, Potassium Iodide, Yellow Prussiate of Soda), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Sodium Aluminum Phosphate), Modified Corn Starch, Mono- and Diglycerides, Natural Flavor, Nonfat Milk, Paprika Oleoresin (color), Red 40, Salt, Sodium Alginate, Sodium Silicoaluminate, Spices, Sugar, Wheat Starch, Whey, Yellow 5. CONTAINS: Milk, Wheat

### Allergens

#### Contains:

milk wheat

#### Free From:

crustaceans eggs fish peanuts  
 sesame soy tree nuts

### Handling Suggestions

KEEP FROZEN

### Serving Suggestions

8 pieces

### Prep & Cooking Suggestions

COOKING INSTRUCTIONS DEEP FRY:  
FRY FROZEN PRODUCT AT 350 F FOR  
2 TO 2 1/2 MINUTES.

### Product Specifications

Brand	Manufacturer	Product Category
ANCHOR	McCain Foods, Inc.	Appetizers Vegetables Breaded and Battered

MFG #	SPC #	GTIN	Pack	Pack Desc.
50010145	007394	10072714101455	6	6 / / ea

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
3.03lb	3lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
10in	15in	2.25in	0.2ft3	9x10	365DAYS	0°F / 0°F



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## Nutrition Analysis - By Serving

Calories	140	Total Fat	6g	Sodium	330mg
Protein	3	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	20g	Saturated Fat	1g	Iron	1.6mg
Sugars	1g	Added Sugars	0g	Potassium	140mg
Dietary Fiber	1g	Polyunsaturated Fat	3.5g	Zinc	
Lactose		Monounsaturated Fat	1.5g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

