



STILWELL

205032 - Okra Breaded Stilwell 4001273

Fresh cut, Grade A IQF Okra, heavily breaded with our special blend of flours for a savory flavor.



Nutrition Facts

Servings per Container **106**
Serving size **2/3cup(85g)**

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 1.1mg	6%
Potassium 110mg	2%

* 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.

* Benefits

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

Ingredients

INGREDIENTS: OKRA, WHEAT FLOUR, WATER, YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF: SALT, DEXTROSE, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), YEAST, SOYBEAN OIL, EXTRACTIVES OF PAPRIKA.

Allergens

Contains:



Free From:



Handling Suggestions

Master Case; store at a maximum temperature of 0.00 F/ -17.78 C

Serving Suggestions

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

Prep & Cooking Suggestions

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: 350F Fry Time: 3-5 minutes. AUTO FRYING SYSTEM Fry Oil Temperature: 365F Fry Time: 3-5 minutes. CAUTION: OIL AND PRODUCT WILL BE HOT. NOT DESIGNED FOR MICROWAVE PREPARATION. REFRIGERATE OR DISCARD ANY UNUSED PORTIONS.

Product Specifications

Brand	Manufacturer
STILWELL	Schwan Food Service Inc.

MFG #	SPC #	GTIN	Pack	Pack Desc.
4001273	205032	10077700731203	4	4 / 1 / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
22.3lb	20lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.94in	10.94in	7.88in	0.84ft3	9x10	425DAYS	-20°F / 0°F



STILWELL

205032 - Okra Breaded Stilwell 4001273

Fresh cut, Grade A IQF Okra, heavily breaded with our special blend of flours for a savory flavor.



Nutrition Analysis - By Serving

Calories	100	Total Fat	0.5g	Sodium	350mg
Protein	2	Trans Fats	0g	Calcium	40mg
Total Carbohydrates...	21g	Saturated Fat	0g	Iron	1.1mg
Sugars	2g	Added Sugars	0g	Potassium	110mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	3mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

