

HEARTLAND CATFI

006638 - Hushpuppies Regular Heartland Catfi

A great compliment to any seafood dish. A traditional southern style recipe for a fast and easy side.





✤ Benefits

Quick and easy to fix complimentary side for any seafood dish.

Ingredients	Allergens
Onions, enriched yellow corn meal (yellow corn meal, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid", soybean oil, sugar, may contain two percent or lest off: buttermilk, salt, leavening (sodium bicarbonate, sodium aluminum phosphate), spice, dried parsley and guar gum.	

Nutrition Facts

Servings per Container 260 Serving size 3Hushpuppies (3Each)				
Amount per serving Calories	140			
9	6 Daily Value*			
Total Fat 5g	6%			
Saturated Fat 0.5g	2%			
<i>Trans</i> Fat 0g				
Cholesterol Omg	0%			
Sodium 390mg	16%			
Total Carbohydrate 20g	7%			
Dietary Fiber 1g	3%			
Total Sugars 2g				
Includes Added Sugars	%			
Protein 2g				
	0%			
Vitamin D 0µg	0% 1%			
Calcium 23mg	<u> </u>			
Iron 1mg				
Potassium 72mg	1%			

Handling Suggestions

Keep Frozen

Serving Suggestions

Serve as a side to create a traditional southern seafood meal.

Prep & Cooking Suggestions

Deep Fry: For best results, thaw for 30 minutes. Fry at 325*F for 3 minutes. Bake: Do not thaw. Pre-heat oven to 400*F, arrange frozen hushpuppies on a baking sheet, place on center rack in oven, bake for 14 minutes

Product Specifications

Brand		Manufacturer			Product Category				
HEARTLAND CA	ATFI	The Savannah Food Company			Appetiz	Appetizers Breaded or Battered and Fryer Other			
MFG #		SPC #		GTIN			Pack	Pack Desc.	
80889	(006638 0076371980			8892		2	2 x 5 LB / CS	
Gross Weight Net We		Net Wei	ght	Country of Origir		١	Kosher	Child Nutrition	
10.7lb 10LB		USA			No	No			
Shipping Information									

Shipping Information							
Length	gth Width Height		Volume	TIxHI	Shelf Life	Storage Temp From/To	
12.58in	8.2in	8.65in	0.52FT3	20x5	365DAYS -10°f / 10°f		





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Nutrition Analysis - By Serving

Calories	140D70	Total Fat	5g	Sodium	390mg
Protein	2g	Trans Fats	Og	Calcium	23mg
Total Carbohydrates…	20g	Saturated Fat	Saturated Fat 0.5g		1mg
Sugars	2g	Added Sugars		Potassium	72mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

