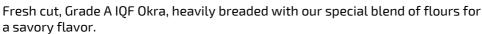


#### **STILWELL**

## 205032 - Okra Breaded Stilwell 4001273





2/3cup(85g)

% Daily Value\*

106

100

0%

0%

15%

8%

4%

0%

0%

3%

6%

2%

**Nutrition Facts** 

Servings per Container

Serving size

Total Fat 0.5g

Amount per serving **Calories** 

Saturated Fat 0g

**Total Carbohydrate 21g** 

Includes 0g Added Sugar

a day is used for general nutrition advice.

\* The % Daily Value (DV) tells you how much a nutrient in

a serving of food contributes to a daily diet. 2,000 calories

Trans Fat 0g Cholesterol 0mg

Sodium 350mg

Dietary Fiber 1g

Vitamin D 0mcg

Potassium 110mg

Calcium 40mg

Iron 1.1mg

Protein 2g

Total Sugars 2g



### \* 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:













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

## Serving Suggestions

Handling 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 OF. 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 MICROWAYE PREPARATION. REFRIGERATE OR DISCARD ANY UNILISED AVE PREPARATION. REFRIGERATE OR DISCARD ANY UNILISED AVE 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	TIxHI	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-1 2•	
Monosodium		Sulphites		Nitrates	

# Additional Images









