



Stillwell  
317552 - Okra Breaded Lightly Stillwell

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



Nutrition Facts

Servings per Container 106  
Serving size 3/4cup(85g)

Amount per serving  
Calories 70

	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.8mg	4%
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.

\* Benefits

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

Ingredients

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

Product Specifications

Brand	Manufacturer
Stillwell	SCHWAN'S FOOD SERVICE INC

MFG #	SPC #	GTIN	Pack	Pack Desc.
4001289	317552	10077700621207	4	4 / 1 / cs

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

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17in	11in	8in	0.87ft3	9x10	365DAYS	-20°F / 0°F



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Nutrition Analysis - By Serving

Calories	70	Total Fat	0g	Sodium	320mg
Protein	2	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	16g	Saturated Fat	0g	Iron	0.8mg
Sugars	2g	Added Sugars	0g	Potassium	140mg
Dietary Fiber	2g	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	4mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

