



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*
<b>Total Fat</b> 0g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 50mg	<b>4%</b>
Iron 0.8mg	<b>4%</b>
Potassium 140mg	<b>3%</b>

\* 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:

wheat

#### Free From:

crustaceans mollusks eggs  
 fish milk peanuts sesame  
 soy tree nuts

### 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 0F. 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	Product Category
Stillwell	SCHWAN'S FOOD SERVICE INC	Equipment & Supplies

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		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	4mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images

