

FRENCH FRIED ONION RINGS (FROZEN)

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
333 cal	35 g	4 g	20 g	0 mg	279 mg	52 mg

Ingredient

ONION RINGS,RAW,BREADED,FROZEN

Weight

25 lbs

Measure

Issue

Method

- 1 Fry according to directions on package.
- 2 Drain well in basket or an absorbent paper. CCP: Hold at 140 F. or higher for service.