

OKRA, FROZEN, BREADED

Yield 100

Portion 3 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 27 cal | 6 g | 2 g | 0 g | 0 mg | 3 mg | 73 mg |

Ingredient

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Weight

20 lbs

Measure

3 gal 1/4 qts

Issue

Method

- 1 Cook okra in deep fat fryer at 360 F. for approximatetly 2-1/2 minutes or until golden brown.
- 2 Place okra in steam table pans. CCP: Hold for service at 140 F. or higher.

Notes

- 1 For best results, use progressive batch cooking method.