



# Anchor<sup>®</sup> Battered Cauliflower

## 6X3 LB

Cauliflower florets covered in a light, black pepper-flecked batter.

### PRODUCT DETAILS

**GENERAL:**

Packaging: 6/3 lb.

Best if used within 365 days of production date

Servings size: 8 pieces (85g)

Servings per container: 16

**CASE:**

Net weight case 18 lbs.

Gross weight case 19.21 lbs.

**PRODUCT CODES:**

SKU 50010145

UPC 072714101458

GTIN (Unit) 10072714101455

GTIN (Case) 10072714101455

### PREPARATION

**GENERAL CAUTIONS:**

Ice crystals on frozen food can cause spattering when added to hot oil. Add product carefully. Product must be fully cooked. Do not allow product to thaw. Not designed for microwave preparation.

CAUTION: product will be hot.



**BAKE - CONVECTION**  
Temp (°F): 450

Instructions:  
Preheat oven to 450°F. Place frozen product in a single layer on a sheet pan and bake for 6 minutes on each side.



**BAKE - CONVENTIONAL**  
Temp (°F): 450

Instructions:  
Preheat oven to 450°F. Place frozen product in a single layer on a sheet pan and bake for 9 minutes on each side.



**DEEP FRY**  
Temp (°F): 350

Instructions:  
Fry frozen product at 350°F for 2 to 2 1/2 minutes.

### ADULT NUTRITION FACTS

16 servings per container

**Serving Size** **8 pieces (85g)**  
Amount Per Serving

<b>Calories</b>	<b>140</b>
Total Fat 6g	8%
Saturated Fat 1g	5%
Mono Unsaturated Fat 1.5g	
Poly Saturated Fat 3.5g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 330mg	14%
Total Carbohydrate 20g	7%
Dietary fiber 1g	4%
Total Sugars 1g	
Added Sugars 0g	0%
Protein 3g	5%
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.6mg	8%
Potassium 140mg	2%

\*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.

## INGREDIENTS

Cauliflower, Water, Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean And/Or Canola Oil), Bleached Wheat Flour, Bleached Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour. Contains 2% or less of Blue 1, Dextrose, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Iodized Salt (Salt, Sodium Bicarbonate, Sodium Thiosulfate, Potassium Iodide, Yellow Prussiate of Soda), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Sodium Aluminum Phosphate), Modified Corn Starch, Mono- and Diglycerides, Natural Flavor, Nonfat Milk, Paprika Oleoresin (color), Red 40, Salt, Sodium Alginate, Sodium Silicoaluminate, Spices, Sugar, Wheat Starch, Whey, Yellow 5. CONTAINS: Milk, Wheat

## CONTAINS



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