Grammy's Torpedo Hushpuppies (Whole Grain—Fully Cooked)

FMI Code: 305
Brand: Atkinson's
Cook Level: Fully cooked
Type: Handheld
Case Pack: 4/2.5 #
Storage: Frozen
Pallet Configuration: 15T x 10H—150 cs per pallet
Net Case Weight: 10#
Gross Case Weight: 11#
Case Dimensions: 12.5"L x 9.75"W x 7.5"H
Case Cube: .53 cu ft
Case/Unit UPC (GTIN): 07211920305400

Preparation Instructions

Deep fry: Heat vegetable oil to 325°F-350°F. Fry thawed hushpuppies 1-3 minutes or until golden brown.

Oven: Place hushpuppies on a sheet pan in a single layer. Bake at 400°F for 8-10 minutes.

Microwave: On high for 30-45 seconds. (5-10 hushpuppies) Larger numbers of hushpuppies will take longer.

Ingredients

Enriched whole grain corn meal (whole grain corn meal, niacin, iron, thiamin, riboflavin, and folic acid), enriched wheat flour (wheat flour, niacin, iron thiamin, riboflavin, and folic acid), water, sugar, onions, salt, eggs, sodium bicarbonate, sodium aluminum phosphate and acidic monocalcium phosphate. Cooked in soybean oil.

Nutrition Facts

Serving size: 3 hushpuppies (54g)
Amount Per Serving
Calories: 200

- Total Fat 6g (8%)
- Saturated Fat 1.5g (8%)
- Trans Fat 0g
- Cholesterol 10mg (3%)
- Sodium 480mg (21%)
- Total Carbohydrate 31g (11%)
- Dietary Fiber 3g (11%)
- Total Sugars 7g
  Includes 7g Added Sugars (14%)
- Protein 3g (6%)

*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.

Child Nutrition: 4 hushpuppies provides 2 oz grain.

Allergens: Eggs, Soy, Wheat

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