



Onion Ring Batter

Net Weight: 5.2 ounces (147 g)

Ingredients:

Yellow corn flour, wheat flour (wheat flour, malted barley flour), whey (from milk), enriched bleached wheat flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), cornstarch, salt, leavening agents (sodium bicarbonate, sodium acid pyrophosphate, sodium aluminum phosphate, and monocalcium phosphate), guar gum.

May contain trace amounts of soy.

Nutrition Facts

Serving Size 3 Tbsp (29g)
Servings Per Container 5

Amount Per Serving

Calories	100	Calories from Fat	5
% Daily Value**			
Total Fat	0g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	370mg		15%
Total Carbohydrate	22g		7%
Dietary Fiber	0g		2%
Sugars	2g		
Protein	2g		
Vitamin A			2%
Vitamin C			0%
Calcium			4%
Iron			6%

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than		65g	80g
Saturated Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Date Information Was Last Refreshed: March 30, 2009

Disclaimer: Ingredients, formulas and labeling regulations tend to change over time. This information may vary from product currently in distribution. Please refer to the actual product for the most accurate ingredient and nutritional information.