



Moore's Moor-Ring® Breaded Onion Ring
USDA School Lunch Meal Planning Nutrition Facts
Product Code: 40010017

NUTRITION FACTS			
Serving Size 2.29 oz. (65g)			
6 pieces frozen *			
Amount per Serving			
Calories 160		Calories from Fat 70	
% Daily Value*			
Total Fat	8g		12%
Saturated Fat	1g		6%
<i>Trans</i> Fat	0g		
Monounsaturated Fat	5g		
Polyunsaturated Fat	2g		
Cholesterol	0mg		0%
Sodium	180mg		8%
Potassium	75mg		2%
Total Carbohydrate	21g		7%
Dietary Fiber	1g		5%
Sugars	3g		
Protein	2g		
Vitamin A	0%	Vitamin C	4%
Calcium	0%	Iron	2%
INGREDIENTS: Diced Onions, Bleached Wheat Flour, Vegetable Oil (Soybean And/Or Canola), Corn Starch, Wheat Flour, Water. Contains 2% or less of Calcium Chloride, Cellulose Gum, Dextrose, Dried Whole Egg, Food Starch - Modified, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Modified Corn Starch, Natural Flavors, Nonfat Milk, Oleoresin Paprika (color), Salt, Sodium Alginate, Soy Flour, Spices, Sugar, Whey, Yellow Corn Flour.			

USDA Food Buying Guide (FBG) for Child Nutrition Programs			
Product: Onions, mature, fresh, diced ready-to-use			
USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	12.6	1/4 cup diced, raw vegetable	7.94

McCain Equivalent per Bag			
FBG serving adjusted to accommodate coating system; not part of vegetable serving			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
2 Pounds	12.4	1/4 cup diced, raw vegetable	8.06

McCain Equivalent per Case			
McCain Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	McCain Purchase Units for 100 Servings
24 Pounds (12 bags per case)	148.84	1/4 cup diced, raw vegetable	0.67

Vegetable Servings:

* Per FBG, 1/4 cup vegetable serving equals 2.58oz (73g, 5 pieces) of onion rings

I certify that this information is true and correct.

4/30/2019
Date

Ruth A. Luther
 Research and Development