



# 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:

before 365 days from date of manufacture, when stored at 0°F/-18°C or below

Servings size: 8 pieces (85 g)

Servings per container: 16

### CASE:

Net weight case 18 lbs.  
Gross weight case 19.54 lbs.

### PRODUCT CODES:

SKU 50010145  
UPC 072714101458  
GTIN (Unit) 10072714101455  
GTIN (Case) 10072714101455

## PREPARATION

### GENERAL CAUTIONS:

For best results, cook from frozen state using recommended time and temperature. Always cook to light golden color. Do not overcook. When cooking smaller amounts, reduce cooking time. Product must be fully cooked for food safety and quality.



### BAKE -

#### CONVECTION

Temp (°F): 450  
Cooking Time (min): 3 / side

### Instructions:

Preheat oven. Spread frozen product evenly on a shallow baking pan. Bake, turning once for uniform cooking.



### BAKE -

#### CONVENTIONAL

Temp (°F): 450  
Cooking Time (min): 4-1/2 / side

### Instructions:

Preheat oven. Spread frozen product evenly on a shallow baking pan. Bake, turning once for uniform cooking.

## ADULT NUTRITION FACTS

16 servings per container

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

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%
Sugars 0g	
Added Sugar 0g	
Protein 3g	5%
Vitamin D 0mcg	
Calcium	0%
Iron	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 Silicoaluminat, Spices, Sugar, Wheat Starch, Whey, Yellow 5

## ALLERGENS

This product contains ingredients which may cause an allergic reaction to the following:



DAIRY



WHEAT



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