



# 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**

<b>Calories</b>	100	<b>Calories from Fat</b>	5
<b>% Daily Value**</b>			
<b>Total Fat</b>	0g		<b>1%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
Cholesterol	0mg		<b>0%</b>
Sodium	370mg		<b>15%</b>
<b>Total Carbohydrate</b>	22g		<b>7%</b>
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.