



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

FMI Code	305
Brand	Fair Market Inc.
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
Unit Dimensions	N/A
Unit Net Weight	N/A

Delicious corn bread bites made with quality cornmeal by a family-owned mill dating back to 1757. Considered a Southern staple, hushpuppies go well with homestyle chicken, hot dog, fish, and chicken fried beef patty. Finger-friendly and great for dunking in your favorite sauce.



### 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**

% Daily Value\*

**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%**

Vitamin D 0mcg 0%

Calcium 130mg 10%

Iron 1.44mg 8%

Potassium 0mg 0%

\*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.

**Allergens: Eggs, Soy, Wheat**