

Sopapilla Dough Sheets, 7230



Product #	7230
GTIN	10047500015933
Case Pack	16/20.25 oz
Serving Size	1/10 of sheet
Storage Temperature	0°F
Shelf Life	120 days
Kosher	No

Nutrition Facts

160 servings per container
Serving size 1/10th of sheet
 (57g)

Amount per serving
Calories **130**

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%

Protein 5g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 2mg	10%
Potassium 49mg	2%

*The % Daily Value 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.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Child Nutrition 2 oz (1/10 of sheet) = 2 oz equivalent grain servings.

Product Description Bridgford Sopapilla/Fry Bread Dough comes frozen. It is ready for quick frying to produce "homemade" Sopapillas/Fry Bread. Simply remove pre-portioned Sopapilla Dough Sheets from case, let thaw, cut into desired portions, and fry. Each individual dough sheet is approximately 15.5 by 11.5 inches.

Benefit of Using this Product 0 grams Trans Fat.

Serving Suggestion Serve warm.

Preparation and Cooking Instructions Remove sheet of dough from case, let thaw slightly. Heat oil in a 375 degree fryer. Slice each sheet of dough into desired size (for 2 oz portion, divide sheet of dough into 10 equal pieces). Fry each piece of thawed dough for 45 seconds on one side, turn over and cook for 35 seconds more or until golden brown. Remove from fryer. Drain. Roll in powdered sugar, cinnamon-sugar, or serve with honey and butter.

Ingredients ENRICHED UNBLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS 2%

OR LESS OF: CANE SUGAR, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, AND MONOCALCIUM PHOSPHATE), MILK POWDER (NONFAT DRY MILK, DRIED WHEY, CALCIUM SULFATE) SHORTENING (INTERESTERIFIED SOYBEAN, WITH DISTILLED MONOGLYCERIDES ADDED), SALT, MONOCALCIUM PHOSPHATE, SOY FLOUR, ENZYME, POTASSIUM IODATE, ASCORBIC ACID (VITAMIN C), SODIUM STEAROYL LACTYLATE.

Contains Wheat, Soybean, Milk

Shipping Facts	Case Weight	Case Pack	Case Dimensions	Case Cube	Tie/High
	21.75 lbs	16/20.25 oz	13.5x4.72x13	0.4794	7/12



Jean Moore, Nutrition Specialist

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