



# **FROZEN HUSHPUPIES**

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## **FLAVORFUL. FUN. FAST!**





## SOUTHERN-CRAFTED GOODNESS SINCE 1812

For over 200 years, House-Autry® has continued to improve upon the simple philosophy: "Make it easy, make it good, and keep them coming back for more." In fact, our original millstones still grind kernels of white and yellow corn to produce the highest quality milled corn-based products in the market today.

### MAKE EVERY MENU BETTER

House-Autry has a long history of offering high-quality, delicious milled products, and it shows in our Sweet Onion Frozen Hushpuppies. Easy to prepare and serve, our hushpuppies perfectly complement any meal.

- Great alternative to fries and onion rings
- Sweet onion flavor doesn't overpower other foods
- Can be baked or fried

Consistent, flavorful and easy to serve, our hushpuppies make every menu better.



### HOUSE-AUTRY SWEET ONION HUSHPUPPY FROZEN #151

House-Autry Frozen Hushpuppies have a delicious sweet onion flavor, featuring real, fresh onions. They can be reheated and taste like they were made from scratch in as little as 3 minutes if frying or 8-10 minutes if baking.

#### Ordering Information:

Case Dimensions: 12.56" x 8.44" x 8.63"  
 Cube Dimensions: 0.53  
 UPC: 73484-20151  
 Pallet Pack: 20 cases per row-5 rows high  
 Case Pack: 2/5 lb. bags  
 Shelf Life: 2 years (Stored at 0-4°C)

#### Ingredients:

Water, enriched white corn meal (white corn meal, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, onions, sugar, may contain two percent or less of: yellow corn flour, leavening (sodium bicarbonate, sodium aluminum phosphate, acidic with monocalcium phosphate), salt, food starch-modified, emulsifier (whey, propylene glycol mono & diesters of fat and fatty acids, mono and diglycerides, sodium caseinate, sodium-2-stearoyl-lactylate, disodium phosphate, ascorbic acid, citric acid), soy flour, soy lecithin, and guar gum.

Contains: Wheat, Milk, Soy, and Eggs.



### GET IN TOUCH!

We would love to hear from you. Reach our Customer Service department by calling 800.849.0802. Our hours are Monday through Thursday, 8 a.m. to 5 p.m. ET, and Friday, 8 a.m. to noon ET.

House-Autry Headquarters, 7000 US-301, Four Oaks, NC 27524

#### Directions For Use:

##### Reheating Methods:

##### Frying

- For best results, thaw hushpuppies for 30 minutes prior to frying.
- Fry at 325°F for 3 minutes.

##### Baking (Convection Oven)

- Do not thaw if baking.
- Bake in convection oven at 350°F for 8-10 minutes.

##### Baking (Conventional Oven)

- Do not thaw if baking.
- Bake in conventional oven at 400°F for 14 minutes.

#### Yield:

Approximately 130 hushpuppies per 5 lb. bag

#### Shape:

Spherical, slightly elongated

#### Size:

Each piece is approximately 19g

#### Nutrition Facts

Serving Size: 3 Hushpuppies (52g)  
 Servings Per Container: about 87

Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

\* Percent Daily Values (DV) 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb.		300g	375g
Dietary Fiber		25g	30g

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