ALL PURPOSE - SEASONED NO PRESERVATIVES

ALL PURPOSE - SEASONED

Onion Ring Mix

PAN FRIED - DEEP FRIED - BAKED

A UNIQUE MIX for a UNIQUE ONION

. NO MSG .

SWEET ONION

1218D



Onion Ring Mix

NO PRESERVATIVES NO MSG ●

INGREDIENTS:

Bleached and enriched wheat flour (niacin, iron, riboflavin, thiamine, folic acid); vellow corn flour: salt; yellow corn meal; paprika; leavening (monocalcium phosphate, baking soda); pepper, celery, corn starch.

Produced in a peanut/tree nut free environment

Manufactured by: Hodgson Mill, Inc., 1100 Stevens Avenue Effingham, IL 62401, (800)525.0177







DELICIOUS WITH OTHER FRESH VEGETABLES

LOVE THIS MIX!

PRODUCTS VIDALIA, GEORGIA 30475

NET WT 10 OZ. (283.5q)









Onion Ring Mix

BAKED CHICKEN

PREHEAT: oven to 400°

POUR: 1/4 cup of dry mix (per lb. of chicken) into a medium-size bag.

MOISTEN: thawed chicken; remove excess

SHAKE: chicken in a bag until pieces are evenly coated.

COAT: bottom of shallow baking pan with a thin layer of oil (to avoid sticking).

BAKE: chicken on both sides until tender...





Onion Ring Mix

...just add water and a hearty appetite.

ONION RINGS

PREHEAT:	shortening to 375°	
COMBINE:	1 cup dry mix with ½ cup water. Stir to a smooth batter.	
DIP:	rings into batter mix, drop into preheated shortening and turn rings once immediately.	
FRY:	about 21/2 minutes until both sides are golden brown.	
DRAIN:	on paper towel to absorb excess shortening.	
VARIATIONS:	For thinner batter, increase amount of water. Excellent batter mix on zucchini, cauliflower, green peppers, and other vegetables.	

FRIED FISH or SHRIMP

PREHEAT:	shortening to 400°			
POUR:	¼ cup of dry mix (per lb. of fish/shrimp) into medium-sized bag.			
MOISTEN:	thawed fish/shrimp, then remove excess water.			
SHAKE:	fish/shrimp in the bag until pieces are evenly coated.			
FRY:	until both sides are golden brown, or fish/shrimp floats to top of shortening.			
DRAIN:	on paper towel to absorb excess shortening.			

BAKED CHICKEN DIRECTIONS ON SIDE PANEL

OUR GUARANTEE

If for any reason you are not satisfied with this product, simply send the complete bottom of this box and your purchase price to: Vidalia Products, Inc. C/o Hodgson Mill, Inc. 1100 Stevens Ave., Effingham, IL 62401.

CUSTOMER SERVICE: 800-525-0177

Nutrition Facts

Serving Size 1/4 cup (30g) Servings Per Container about 9 Amount Per Serving Calories 100 Calories from Fat 0 Sodium 690mg 29% Total Carbohydrate 21g 7% Dietary Fiber 1g 4%

Protein 3g Iron 6%

 Niacin 6% Riboflavin 4% • Thiamine 10% Not a significant source (contains 0% daily value) of; Fat, Saturated Fat, Trans Fat, Cholesterol, Sugars, Vitamin A, Vitamin C and Calcium. *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your

	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	2,400m
Total Carbohydrate			375g
Dietary Fiber		25g	30g

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

