



Cavendish Farms®

GOLDEN NUGGETS OVENABLE

56210 04101

Cooking Instructions

Fryer
Temp : 180°C /350°F
Cook Time : 3 min

Convection Oven
Temp : 230°C /450°F
Cook Time : 8 – 12 min

Traditional Oven
Temp : 230°C /450°F
Cook Time : 12 – 20 min

Product Specifications

Product Name	Golden Nuggets Ovenable
GTIN - 14	100 56210 04101 9
GTIN - 12	0 56210 04101 2
Grade	Grade A
Coated	No
Shelf Life	24
Kosher	Yes
Halal	Yes
Pack Size	6 x 5 LB
Net Weight (LB)	30
Gross Weight (LB)	31.75
Pallet Pattern (ti x hi)	9 x 7
Case Cube (ft3)	1.31
Case Dimensions (in)	15.875" x 12.125" x 11.75"
Packaging Type (Case)	Kraft
Packaging Type (Bag)	Clear Poly

Nutrition Facts

about 27 servings per container*

Serving Size 3 oz (85 g/ 9 pieces)

Amount per serving

Calories		**150**
		% Daily Value*
Total Fat	8 g	**10%**
Saturated Fat 0.5 g		**3%**
Trans Fat 0 g		
Cholesterol	0 mg	**0%**
Sodium	300 mg	**13%**
Total Carbohydrate	20 g	**7%**
Dietary Fibre 2 g		**7%**
Total Sugars 0 g		
Includes 0 g Added Sugars		**0%**
Protein	2 g	
Vitamin D 0 mcg		0%
Calcium 6 mg		0.4%
Iron 0.4 mg		2%
Potassium 257 mg		6%

*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.

Ingredients : Potatoes, Vegetable Oil (Contains one or more of the following: Canola Oil, Soybean Oil), Salt, Dextrose, Disodium Dihydrogen Pyrophosphate (to promote color retention).