



# Frudel(R) Strudel, 2.29 oz, Apple



2 OZ EQ GRAIN. Meets USDA Whole-Grain Rich Criteria. Whole Wheat Flour - First Grain Ingredient. Filled strudel with natural apple flavor, individually wrapped in a heat-and-serve ovenable pouch, pre-baked, frozen.

Product Last Saved Date:13 March 2018

## Nutrition Facts

72 Servings per container

**Serving Size 1 Frudel (65g)**

Amount Per Serving

**Calories 210**

% Daily Value\*

**Total Fat** 6 g **9%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 260 mg **11%**

**Total Carbohydrate** 36 g **12%**

Dietary Fiber 2 g **8%**

Total Sugars 11 g

Includes g Added Sugars %

**Protein** 5 g

Vitamin D mg %

Calcium 0 mg 0%

Iron 0 mg 6%

Potassium mg %

\*The % Daily Values (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.

### Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
18000-27852	725434	10018000278524	72 X 2.29 ONZ	

Brand	Brand Owner	GPC Description
Pillsbury(R)	General Mills Inc.	Pies/Pastries - Sweet (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13 LBR	10.305 LBR	USA	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.81 INH	7.93 INH	8 INH	0.7273 FTQ	12x9	248 Days	-10 FAH / 0 FAH

### Ingredients :

Water, Whole Wheat Flour, Enriched Flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Apple Strudel Filling (water, sugar, corn syrup, modified corn starch, apple pulp, malic acid, palm kernel oil, molasses, sodium citrate, salt, sodium benzoate [preservative], gellan gum, spice, xanthan gum, locust bean gum, carrageenan, natural flavor), Sugar, Soybean Oil. Contains 2% or less of: Yeast, Nonfat Milk, Salt. CONTAINS WHEAT AND MILK INGREDIENTS.

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

Eggs - NI	Milk - C	Peanuts - NI
Soy - NI	Wheat - C	TreeNuts - NI
Fish - NI	Crustacean - NI	

### Handling Suggestions :

Keep Frozen. Each strudel is packaged in a ovenable pouch for heating.

### Benefits :

2 OZ EQ GRAIN. Meets USDA Whole-Grain Rich Criteria. Whole Wheat Flour - First Grain Ingredient. Filled strudel with natural apple flavor, individually wrapped in a heat-and-serve ovenable pouch, pre-baked, frozen.

### Serving Suggestions :

Individually wrapped - ideal for warm breakfast on the go.

### Prep & Cooking Suggestions :

Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

### More Information :