

# 10018000278524 - Pillsbury Frozen Meals Frudel Single Serve Po...

Pillsbury Apple Frudel is a whole grain-rich frozen strudel with natural apple flavor, pre-portioned in oven-ready pouches. Perfect for breakfast service or grab 'n go, each pouch is made with 16 grams of whole grain (at least 48g recommended daily) and meets USDA whole grain-rich criteria. With 72 pouches per case, these are made without gelatin and contain no artificial flavo...



## MARKETING

2 oz Equivalent Grain. Smart Snack Entrée Exempt. K-12 Regulation Ready.. Individually wrapped ovenable pouches, heat or thaw & serve ready. . Approximately 2.29 each, packed 72 per case. . Natural apple flavor, no artificial flavors, no certified colors. . No high fructose corn syrup, made without gelatin. . Pillsbury brand connotes trust, quality, and delicious, warm-baked food.

## Nutrition Facts

72 Servings per container

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

**Amount Per Serving**  
**Calories** 180

% Daily Value\*

**Total Fat** 4.5 **6%**

Saturated Fat 0.5 g **4%**

Trans Fat 0 g

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

**Sodium** 240 mg **11%**

**Total Carbohydrates** 34 g **12%**

Dietary Fiber 2 g **8%**

Total Sugars 7 g

Includes 6 g Added Sugars **12%**

**Protein** 4 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 1.5 mg 8%

Potassium 100 mg 2%

\* 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

Code	Dist Prod Code	GTIN	Calculated Pack			
127852000		10018000278524	72/2.29 OZ			
Brand	Brand Owner		GPC Description			
Pillsbury	GENERAL MILLS SALES INC.		Pies/Pastries - Sweet (Frozen)			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
13.000 LBR	10.305 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.810 INH	7.930 INH	8.000 INH	0.72700 FTQ	12x9	248 Days	0 FAH / 10 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
BUY_AMERICAN_PROVISION_USDA	N/A	TRUE	N/A			

## HANDLING SUGGESTIONS

KEEP FROZEN

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Eggs - INII
- Soybean - INII
- Wheat - C
- Sesame - INII
- Pine Nuts - INII
- Cashews - INII
- Macadamia Nuts - INII
- Coconuts - INII
- Brazil Nuts - INII
- Walnuts - INII
- Peanuts - INII
- Tree - NI
- Fish - INII
- Shellfish - NI
- Crustaceans - INII
- Almonds - INII
- Hazelnuts - INII
- Chestnuts - INII
- Pecan Nuts - INII
- Pistachios - INII
- Molluscs - INII

## INGREDIENTS

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

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## PREPARATION & COOKING SUGGESTIONS

Heat & Serve: Heat frozen Frudel™ in ovenable pouch. Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 7-9 minutes\* \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Conventional Oven 11-13 minutes\* Consume within 6 hours of preparing Warming Unit: Preheat Warming Unit to 150°F. Heat for 1 hour and 30 minutes. Microwave: Place one pouch in microwave and heat on HIGH for 15 seconds. If needed, additional time can be added in 5 second increments. LET STAND one minute before removing from microwave. CAUTION: Pouch and product can be very hot! Use caution when handling and eating. Thaw & Serve: Thaw at room temperature for 90 minutes prior to serving.

## SERVING SUGGESTIONS

1 pouch

## MORE INFORMATION

## NUTRITIONAL ANALYSIS

Calories	279.939
Protein	6.493 g
Total Carbohydrates	51.735 g
Sugars	11.141 g
Dietary Fiber	3.466 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	6.703
Trans Fat	0.086 g
Saturated Fat	1.102 g
Added Sugars	9.138 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0.011 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	372.534 mg
Calcium	19.227 mg
Iron	2.287 mg
Potassium	161.448 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS

PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	CHOLESTEROL	FREE_FROM	CHOLESTEROL	LOW
ARTIFICIAL_SWEETENERS	FREE_FROM	ARTIFICIAL_FLAVOUR	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM
WHOLE_GRAIN	CONTAINS	ENERGY	SOURCE_OF	TRANS_FAT	FREE_FROM
VEGETARIAN	YES				

## MORE IMAGES

