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Panko Potato Croquettes Prepare a box (any variety - Home Style, Bonquet Garlic, or Cheese!) of Edward & Sons mashed potato mix (or use any mashed potatoes) as directed and let cool. Scoop the mixture into a 1/4 cup measure. Place the potato into a single of 2-cup Panko Organic Breadcrumbs. Press the potato into the Panko Organic Breadcrumbs until the sides are evenly coated. Turn once and coat the second side. Heat the oil in a frying pan. Add croquettes to frying pan and cook on both sides until golden brown. Serve and enjoy!

SEE RECIPE ON SIDE!
NET WT 10.5 OZ 300g



ORIGINAL ORGANIC Panko
Japanese Style Breadcrumbs
Perfect for Tempura, Breading...



SEVING SUGGESTION

Nutrition Facts: Serving Size 1/3 cup (30g), Servings Per Container about 10 **Calories** 110 **Fat Cal.** 5 **Total Fat** 0.5g (1.0%) **Saturated Fat** 0g **Trans Fat** 0g **Cholesterol** 0mg (0.0%) **Sodium** 120mg (5.0%) **Carbohydrate** 23g (8.0%) **Fiber** 1g (4.0%) **Sugars** 1g **Protein** 4g **Vitamin A** (0.0%) **Vitamin C** (0.0%) **Calcium** (0.0%) **Iron** (0.0%)
Percent Daily Values (DV) are based on a 2000 calorie diet.

Ingredients: Organic Wheat Flour, Yeast, Salt, Organic Expeller-Pressed Palm Oil. May contain traces of sesame seeds and soy.
Dist. by Edward & Sons Trading Co., Inc.
P.O. Box 1326, Carpinteria, CA 93014 USA
www.edwardsons.com
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Orthodox Union

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Potato-Veggie Cakes Soak potatoes in salted water for 5 minutes. Boil for about 12-15 minutes until tender and then drain. Mash well, add veggies, salt and pepper. Shape into small patties (as pictured) and cook. Dissolve 1/4 cup of flour in water. Coat the patties with the remaining flour and then dip in dissolved flour. Coat the wet patties well with breadcrumbs. Heat the oil in a frying pan and brown patties on both sides until golden brown. Enjoy!

SEE RECIPE ON SIDE!
NET WT 15 OZ 425g



LIGHTLY SALTED ORGANIC Breadcrumbs
Perfect for Stuffings, Casseroles...



SEVING SUGGESTION

Nutrition Facts: Serving Size 1/3 cup (30g), Servings Per Container about 14 **Calories** 110 **Fat Cal.** 5 **Total Fat** 1g (2.0%) **Saturated Fat** 0g (0.0%) **Trans Fat** 0g **Cholesterol** 0mg (0.0%) **Sodium** 110mg (4.6%) **Carbohydrate** 23g (7.3%) **Fiber** 1g (4.0%) **Sugars** 2g **Protein** 4g **Vitamin A** (0.0%) **Vitamin C** (0.0%) **Calcium** (0.0%) **Iron** (0.0%)
Percent Daily Values (DV) are based on a 2000 calorie diet.

Ingredients: Organic Wheat Flour, Yeast, Salt, Organic Expeller-Pressed Palm Oil. May contain traces of sesame seeds and soy.
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Baked Mac & Cheese Casserole Prepare one box of Round's End Organic® Mac & Cheese® (or the macaroni & cheese of your choice) as directed and add an additional 1/4 - 1/2 cup liquid (water or milk product) when cooking the pasta. Sprinkle Edward & Sons Organic Italian Herbs Breadcrumbs over the top of the macaroni. Add spots of buttery spread on top of the breadcrumbs. Bake at 350° for about half an hour or until the breadcrumbs appear golden brown and toasted. Serve hot.

SEE RECIPE ON SIDE!
NET WT 15 OZ 425g



ITALIAN HERBS ORGANIC Breadcrumbs
Perfect for Stuffings, Casseroles...



SEVING SUGGESTION

Nutrition Facts: Serving Size 1/3 cup (30g), Servings Per Container about 14 **Calories** 110 **Fat Cal.** 5 **Total Fat** 1g (2.0%) **Saturated Fat** 0g (0.0%) **Trans Fat** 0g **Cholesterol** 0mg (0.0%) **Sodium** 190mg (8.0%) **Carbohydrate** 23g (7.3%) **Fiber** 1g (4.0%) **Sugars** 1g **Protein** 4g **Vitamin A** (0.0%) **Vitamin C** (0.0%) **Calcium** (0.0%) **Iron** (0.0%)
Percent Daily Values (DV) are based on a 2000 calorie diet.

Ingredients: Organic Wheat Flour, Organic Onion Powder, Organic Garlic Powder, Organic Yeast, Organic Organic. May contain traces of sesame seeds and soy.
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