



# ORGANIC PANKO

## JAPANESE STYLE BREADCRUMBS

For Tempura, Croquettes... and More



SERVING SUGGESTION



**Panko Potato Croquettes**  
 1 box Edward & Sons  
 Organic Mashed Potatoes  
 3 oz. Edward & Sons Organic Panko  
 2-3 Tbsp vegetable oil

Prepare a box of Homestyle or Roasted Garlic Edward & Sons Organic Mashed Potatoes (or other mashed potatoes) as directed and let cool. Pour Panko on to dinner plate. Scoop mashed potatoes and pat into shape of croquette or small burger. Put croquette on plate with the Panko and pat gently to coat underside. Turn over and coat the second side. Heat oil in a frying pan. Add croquettes to frying pan and cook on both sides until golden brown. Serve and enjoy!

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### Nutrition Facts

	Amount per Serving	% Daily Value*		Amount per Serving	% Daily Value*
<b>Total Fat</b> 0.5g		<b>1%</b>	<b>Total Carbohydrate</b> 25g		<b>8%</b>
Saturated Fat 0g		<b>0%</b>	Dietary Fiber 1g		<b>4%</b>
Trans Fat 0g			Total Sugars 1g		
<b>Cholesterol</b> 0mg		<b>0%</b>	Includes 0g Added Sugars		<b>0%</b>
<b>Sodium</b> 125mg		<b>5%</b>	<b>Protein</b> 4g		
Vitamin D 0mg 0%			Vitamin D 0mg 0%		
Calcium 0mg 0%			Iron 0mg 0%		
Potassium 65mg 1%					

\*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 as a general national standard.

Produced in a facility which handles sesame seeds and soy.

**Ingredients:** Organic Wheat Flour, Yeast, Salt,

Organic Expeller-Pressed Palm Oil\*, Contains Wheat.

\*Certified sustainable palm oil to protect forests and wildlife.

Dist. by: Edward & Sons Trading Co., Inc.

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MFG 2/4

NET WT. 10.5 oz 298g