

# Nutrition Facts

Serving Size 3/4 cup (142 g)

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**Per Serving**

**% Daily Value\***

Calories 290

Calories from Fat 153

**Total Fat** 17g **26%**

Saturated Fat 2.5g **12%**

**Sodium** 380mg **16%**

**Carbohydrates** 31g **10%**

Dietary Fiber 3g **12%**

Sugars 3g

**Protein** 4g

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Iron 8%

- [Bottle Caps - Specialty](#)
- [\(McCain\) Beer Battered Onion Hot Scoops - Onion Rings](#)
- [\(McCain\) Beer Battered King Ring - Onion Rings](#)
- [\(McCain\) Beer Battered Thick Cut Onion Rings - Onion Rings](#)
- [\(McCain\) Beer Battered Thin Cut Onion Rings - Onion Rings](#)
- [\(McCain\) Beer Battered Pub Rings - Onion Rings](#)
- [\(McCain\) Beer Battered Onion Straws - Onion Rings](#)
- [\(McCain\) Beer Battered Mushrooms - Vegetables](#)
- [\(McCain\) Beer Battered Zucchini Slices - Vegetables](#)
- [\(McCain\) Beer Battered Zucchini Wedges - Vegetables](#)
- [\(McCain\) Spicy Pub Pickle - Vegetables](#)
- [\(Compliments\) Steak Cut Onion Rings](#)



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