



FRED'S-BREADED EXTRUDED ONION RING - 8/2# Bags

#13225

Onion rings formed from diced onions in a matrix, coated and prefried. Appearance is a golden brown. Texture is a firm, meaty onion matrix with crisp coating. Flavor - onion with some salt.



Product Last Saved Date:09 March 2016

Nutrition Facts

Serving Size: 79 GR

Number of Servings per Package: 91

Amount Per Serving

Calories: 180 Calories from Fat: 80

% Daily Value*

Total Fat	9 g	14%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	290 mg	12%
Total Carbohydrate	24 g	8%
Dietary Fiber	2 g	8%
Sugars	3 g	

Protein 2 g

Vitamin A	Per Srv 0%	Vitamin C	Per Srv 4%
Calcium	10%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat. Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram

Fat	9	Carbohydrate	4	Protein	4
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Product Specifications:

Code	GTIN	Pack	Pack Description
0291220	10050665029127	8 X 2 LB	

Brand	Brand Owner	GPC Description
Fred's	Ajinomoto Windsor, Inc.	Vegetables - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
18 LB	16 LB	USA	No	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.75 IN	11.875 IN	10.625 IN	1.15 CF	10x4	365 Days	-10 FA / 15 FA

Ingredients :

INGREDIENTS: Sweet Spanish Onions, Enriched Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Corn Starch, Yellow Corn Flour, Contains Less Than 2% of: Spice, Dried Whey, Soy Flour, Nonfat Dried Milk, Sugar, Dextrose, Dried Egg, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Natural Flavor, Salt, Soybean Oil, Modified Food Starch, Sodium Alginate, Calcium Chloride, Oleoresin Paprika, Prefried in Vegetable Oil (Soybean and/or Corn Oil). ; CONTAINS: WHEAT, MILK, SOY, EGG.

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - N	Milk - C	Peanuts - N
Soy - MC	Wheat - C	TreeNuts - N
Fish - N	Crustacean - N	Nuts - N

Handling Suggestions :

Benefits :

Formed onion ring filled with a meaty, diced onion matrix. Evenly coated with a savory breading. Convenient and easy to prepare. Just fry and serve!

Serving Suggestions :

Great as a side order in place of potatoes or steamed vegetables.; Serve with a variety of Dips.

Prep & Cooking Suggestions :

Cooking Instructions; 350°F for 2 - 2 1/2 minutes. ; 425°F for 11 - 12 minutes. ; 375°F for 8 - 9 minutes. ; FOR BEST QUALITY AND FOOD SAFETY FOLLOW THESE PREPARATION INSTRUCTIONS. ALL FOOD SHOULD BE COOKED TO AN INTERNAL TEMPERATURE OF 165°F FOR 15 SECONDS. KEEP FROZEN UNTIL READY TO USE. ; Due to differences in appliances, cooking times may require adjustment.

Additional Images :

