



FREDS

204603 - Onion Ring Battered 3/8"

Premium, jumbo sweet Spanish onions for naturally sweet flavor. Thin cut, 3/8 onion rings. Light and airy batter delivers a crisp, crunchy texture. Versatile menu item.



Nutrition Facts

Servings per Container 56
Serving size 6OnionRings (80g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	22%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 1g Added Sugar	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 100mg	2%

* 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 for general nutrition advice.

* Benefits

Ingredients

Sweet Spanish Onions, Bleached Wheat Flour, Water, Yellow Corn Flour, Contains less than 2% of: Whey, Soy Flour, Sugar, Salt, Dextrose, Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Soybean Oil, Polysorbate 80. Prefried in Vegetable Oil (Soybean and/or Canola Oil).
CONTAINS: WHEAT, MILK, SOY.

Allergens

Contains:

milk soy wheat

Free From:

crustaceans eggs fish peanuts
sesame tree nuts

Handling Suggestions

Store product for no longer than 365 days after production at a temperature between -10 and 0 degrees.

Serving Suggestions

Great as a side dish, an entre topper or an exciting garnish! Perfect for sandwich or burger! Use as a substitute for french fries. Serve with a variety of dips.

Prep & Cooking Suggestions

FOR BEST QUALITY AND FOOD SAFETY FOLLOW THESE COOKING INSTRUCTIONS. ALL FOOD SHOULD BE COOKED TO AN INTERNAL TEMPERATURE OF 160F. KEEP FROZEN UNTIL READY TO USE.
Due to differences in appliances, cooking times may vary and require adjustment.
DEEP FRYER: 350F for 1 minutes.

Product Specifications

Brand	Manufacturer
FREDS	AJINOMOTO FOODS NORTH AM

MFG #	SPC #	GTIN	Pack	Pack Desc.
0291320	204603	10050665029134	4	4/2.5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12lb	10lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.1in	11.4in	7.6in	0.76ft3	10x4	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	190	Total Fat	9g	Sodium	500mg
Protein	3	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	24g	Saturated Fat	1.5g	Iron	0.4mg
Sugars	3g	Added Sugars	1g	Potassium	100mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

