



FRED'S

# 204612 - T/O Onion Ring Flour Breaded

Premium, jumbo sweet Spanish onions are sliced and breaded in a delicious flour coating. Grade A sweet Spanish onions for naturally sweet flavor; no added sugar needed. Onions are cut in house (ensures consistent sizing and minimizes "doubles"). Flour coating provides a handmade, back of house appearance.



### \* Benefits

## Nutrition Facts

Servings per Container **50**  
Serving size **4onionrings (89g)**

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 2g Added Sugar	<b>4%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 1.2mg	<b>7%</b>
Potassium 90mg	<b>2%</b>

\* 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.

### Ingredients

Sweet Spanish Onions, Wheat Flour, Water, Yellow Corn Flour, Contains Less Than 2% Of: Garlic Powder, Onion Powder, Soy Flour, Whey (Milk), Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate), Dried Whole Eggs, Dextrose, Hydrolyzed Corn Protein, Modified Corn Starch, Spice, Sugar, Salt. Prefried In Vegetable Oil (Soybean and/or Cottonseed).  
CONTAINS: WHEAT, MILK, EGG, SOY

### ⚠ Allergens

#### Contains:



#### Free From:



### Handling Suggestions

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

### Serving Suggestions

Great starter item or when served in an appetizer platter. Easy prep and convenient! Great topper for burger or chicken sandwich, garnish for steak. Use as a substitute for french fries!

### Prep & Cooking Suggestions

PRODUCT MUST BE FULLY COOKED. KEEP FROZEN UNTIL READY TO USE. Due to differences in appliances, cooking times may vary and require adjustment. DEEP FRYER: 350F for 2 - 3 minutes.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
FRED'S	Ajinomoto Foods NA	Appetizers Onion Rings

MFG #	SPC #	GTIN	Pack	Pack Desc.
2290320	204612	10050665229039	4	4 / 2.5 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
10.85lb	10lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.38in	12in	9.13in	0.97ft3	10x4	365DAYS	-10°F / 0°F



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## Nutrition Analysis - By Serving

Calories	150	Total Fat	4g	Sodium	360mg
Protein	3	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	27g	Saturated Fat	0.5g	Iron	1.2mg
Sugars	4g	Added Sugars	2g	Potassium	90mg
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

