



FREDS

204941 - Appetizer Cauliflower Battered

Premium white cauliflower florets layered in a crispy batter coating. Only premium cauliflower used; stringent guidelines to ensure that cauliflower is fresh and consistent in size. Natural cauliflower shape. On-trend menu item.



Nutrition Facts

Servings per Container 66
Serving size 9pcs (82g)

Amount per serving
Calories 140

% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.8mg	4%
Potassium 130mg	3%

* 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

Cauliflower, Water, Bleached Wheat Flour, Yellow Corn Flour, Contains Less Than 2% of: Nonfat Dry Milk, Whey, Dried Whole Eggs, Spices (including Mustard), Soy Flour, Dextrose, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Modified Corn Starch, Sugar, Guar Gum, Methylcellulose, Mono and Diglycerides, Extractives of Paprika (Color), Oleoresin Turmeric (Color), Soybean Oil, Salt. Prefried In Vegetable Oil (Soybean and/or Canola Oil). CONTAINS: WHEAT, SOY, MILK, EGG.

⚠ Allergens

Contains:

eggs milk soy wheat

Free From:

crustaceans fish peanuts sesame tree nuts

Handling Suggestions

Store product for no longer than 455 days after production at a temperature between -10 and 0 degrees.

Serving Suggestions

Easy to prepare, just fry and serve! Toss in buffalo sauce and serve in veggie tacos with bleu cheese crumbles or as an alternative to a chicken wing. Great application for Asian buffets product holds well on steam tables!

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 3-1/2 to 4 minutes.

✍ Product Specifications

Brand	Manufacturer	Product Category
FREDS	AJINOMOTO FOODS NORTH AM	Appetizers Vegetables Breaded and Battered

MFG #	SPC #	GTIN	Pack	Pack Desc.
0282220	204941	10050665028229	6	6/2#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.7lb	12lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.3in	11.2in	5.5in	0.44ft3	12x3	0DAYS	0°F / 32°F



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Nutrition Analysis - By Serving

Calories	140	Total Fat	8g	Sodium	300mg
Protein	2	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	15g	Saturated Fat	1g	Iron	0.8mg
Sugars	1g	Added Sugars	0g	Potassium	130mg
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

