



FRED'S

007187 - Appetizer Onion Ring Thick Gourmet

Our Fred's Gourmet Breaded Onion Rings are expertly crafted from premium, jumbo sweet Spanish onions that are sliced in-house. Each onion ring is coated with a golden layer of panko breading, offering a delightful crunch with every bite. These are then hand-packed with precision to ensure less breakage in the box. Our Gourmet Breaded Onion Rings are not just a side dish, they're a gourmet experience waiting to be savored! Lacto-Ovo Vegetarian for those with special dietary needs.



* Benefits

Nutrition Facts

Servings per Container **88**
Serving size **30onionRings (85g)**

Amount per serving
Calories 110

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	21%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugar	2%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

* 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, Water, Bleached Wheat Flour, Yellow Corn Flour, Modified Food Starch. Contains less than 2% of: Onion Powder, Soy Flour, Spice, Whey (Milk), Salt, Sugar, Soybean Oil, Dextrose, Yeast, Natural Flavor, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Guar Gum, FD & C Yellow #5 & #6. CONTAINS: WHEAT, SOY, MILK.

Allergens

Contains:



Free From:



Handling Suggestions

Store product for no longer than 545 days after production at a temperature between -10 and 0 degrees.

Serving Suggestions

Great as a side dish, an entre topper, a sandwich filler or an exciting garnish! Use as a substitute for French fries. Serve with a variety of dips. Great starter item or when served in an appetizer platter.

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 2 minutes.

Product Specifications

Brand	Manufacturer
FRED'S	Ajinomoto Foods NA

MFG #	SPC #	GTIN	Pack	Pack Desc.
0290020	007187	10050665029004	8	8 / 2.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
19.2lb	16lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.75in	12in	11in	1.2ft3	10x4	545DAYS	-10°F / 0°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	0g	Sodium	490mg
Protein	3	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	23g	Saturated Fat	0g	Iron	0mg
Sugars	2g	Added Sugars	1g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

