



FRED'S  
007199 - Appetizer Zucchini Stick Brd

Fresh-picked zucchini sliced in-house and coated in a flavorful breading. Vibrant green skin and small seeds in the zucchini indicate fresh, young zucchini which have a lower moisture content. Only premium vegetables used with stringent guidelines to ensure that vegetables are fresh and consistent in size. Crisp bite and good flavor.



Nutrition Facts

Servings per Container 119  
Serving size 5Sticks (91g)

Amount per serving  
Calories 110

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	3%
Total Sugars 2g	
Includes 1g Added Sugar	2%
Protein 3g	
Vitamin D 0µg	0%
Calcium 0mg	0%
Iron 0.8mg	4%
Potassium 160mg	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

Zucchini, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains less than 2% of: Dried Onion, Dried Parsley, Yellow Corn Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Yeast, Dextrose, Modified Corn Starch, Soybean Oil, Salt.  
CONTAINS: WHEAT

Allergens

Contains:



Free From:



Handling Suggestions

Store product for no longer than 548 days after production at a temperature between -10 and 0 degrees.

Serving Suggestions

Great when added to veggie tacos or an appetizer platter with ranch or marinara sauce.

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. DEEP FRYER: 350F for 3 minutes.

Product Specifications

Brand	Manufacturer	Product Category
FRED'S	Ajinomoto Foods NA	Vegetables, Canned & Frozen

MFG #	SPC #	GTIN	Pack	Pack Desc.
0120020	007199	10050665012006	6	6 / 4.0 LBR

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
27.1lb	24lb	No	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
19.13in	11.5in	10.63in	1.35ft3	8x4	548DAYS	-10°F / 0°F



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Nutrition Analysis - By Serving

Calories	110kcal	Total Fat	0.5g	Sodium	400mg
Protein	3g	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	24g	Saturated Fat	0g	Iron	0.8mg
Sugars	2g	Added Sugars	1g	Potassium	160mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

