



FRED'S

007271 - Appetizer Green Beans Spicy Breaded

Fred's Spicy Green Beans are part of our Fancy Fries line; elevated appetizers and sides that are tasty gourmet alternatives to traditional vegetables. We use crisp, premium green beans that are coated with a spicy breading for a kick of flavor. Available in a convenient two pound bag for less waste and easier storage. Lacto-Ovo Vegetarian for those with special dietary needs.



Nutrition Facts

Servings per Container 66
Serving size 15 Green Beans (85g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 10g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 66mg	3%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.9mg	5%
Potassium 120mg	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

Green Beans, Bleached Wheat Flour, Water, Contains Less Than 2% of: Dried Onion, Dried Garlic, Dried Whole Egg, Yellow Corn Flour, Natural and Artificial Flavors, Soy Flour, Dried Yeast, Spice Extracts, Paprika Extract (color), Whey, Yeast Extract, Spice, Modified Food Starch, Dextrose, Maltodextrin, Disodium Inosinate And Disodium Guanylate, Gum Arabic, Butter Oil, Sugar, Salt, Soybean Oil, Caramel Color, Yellow 6, Red 40, Blue 1 and Yellow 5. Prefried in Vegetable Oil (Soybean and/or Canola). CONTAINS: WHEAT, EGG, SOY, MILK

Allergens

Contains:

eggs milk soy wheat

Free From:

crustaceans mollusks fish
peanuts sesame tree nuts

Handling Suggestions

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

Serving Suggestions

Excellent when paired with favorite dipping sauce. Great substitute for french fries, topper to salad, or burger/chicken topper.

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 - 2 minutes.

Product Specifications

Brand	Manufacturer
FRED'S	Windsor Foods (Specialty Brands)

MFG #	SPC #	GTIN	Pack	Pack Desc.
0275020	007271	10050665027505	6	6 / 2.0 LBR

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

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.38in	12in	7.13in	0.76ft3	10x6	545DAYS	-10°F / 0°F



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Nutrition Analysis - By Serving

Calories	190	Total Fat	10g	Sodium	66mg
Protein	3	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	22g	Saturated Fat	1.5g	Iron	0.9mg
Sugars	2g	Added Sugars	0g	Potassium	120mg
Dietary Fiber	2g	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-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

