



## 203189S Beer Battered Onion Rings (Lamb Weston)



**Pack Size:** 1KG BAG

**Details:** Frozen crispy onion rings, dipped in a real ale batter, lightly fried in sunflower oil.

### Allergen Information

**Contains:**

Cereal

**Free from:**

Celery, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

**Suitable for:**

Vegetarians

### Handling Information

**Directions For Use:**

Fryer : Fry 10 pieces for 2:30 minutes at 175 °C. Fry products until crispy. Shake the fry-basket above oil-level after 30 seconds.

Oven : Cook for 10-12 minutes at 200°C. Turn product halfway cooking time. Cook from frozen. Do not overcook. Allow to stand for approx. 2 minutes before consuming.

**Storage Instructions:**

Deep-frozen (-18°C) : 18 months Do not refreeze once thawed.

### Product Ingredients

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Ingredients: Onion (36%), Water, **WHEAT** flour, Beer (11%) [Water, Malt, (**BARLEY**), Corn, Hops], Sunflower oil, Maize starch, Rice flour, Salt, Yeast, Onion powder, Maize flour, Sugar, Dextrose, White pepper, Paprika powder, Thickeners (E412, E415).

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

196 kcal / 823 kJ

**Fat:**

8.1 g

**of which saturates:**

0.99 g

**Carbohydrates:**

28 g

**of which sugars:**

4.4 g

**Fibre:**

2.4 g

**Protein:**

3.3 g

**Salt:**

0.72 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.