



## 205563C Battered Onion Rings (Greens)



**Pack Size:** 10 X 1KG

**Details:** Natural battered onion rings - oven, grill or fry.

### Allergen Information

**Contains:**

Cereal, Gluten

**Free from:**

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

**Suitable for:**

Vegetarians, Vegan

### Handling Information

**Directions For Use:**

All appliances vary, the following are guidelines only. For best result: prepare from frozen

Oven bake:

Pre-heat the oven to 220°C, Gas Mark 7.

**Storage Instructions:**

Refrigerator: 24 hours

Freezer compartment: 48 hours

Freezer: -18°C see expiry date

### Product Ingredients

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Onion 57%, **WHEAT** flour, sunflower oil, starch (**WHEAT**, corn, tapioca), salt, gelling agent E401, dextrose, yeast, sugar, thickeners E407, E412, raising agents E450, E500

### Nutritional Information

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

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

**Energy:**

200 kcal / 840 kJ

**Fat:**

9.2 g

**of which saturates:**

1.2 g

**Carbohydrates:**

26.5 g

**of which sugars:**

4.1 g

**Fibre:**

2.8 g

**Protein:**

2.9 g

**Salt:**

1 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.