



205679C Battered Onion Rings (Golden Bridge)



Pack Size: 20 X 450G

Details: Made with chopped onions and wheat flour coated in batter and lightly fried. Oven bake or deep 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:

For best results always cook from frozen. Remove all packaging before cooking. All appliances bary, these are guidelines only.

OVEN BAKE: Place onion rings in a single layer on a baking tray. Bake in a pre-heated oven at 220c/425f, Gas Mark 7 for 14 minutes, until golden brown, turning halfway

Storage Instructions:

Store at -18c or below

Product Ingredients

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Onion (62%), Batter, Fortified **WHEAT** Flour (calcium carbonate, iron, nicotinamide, thiamine), Rapeseed Oil, Gelling Agent, Water

Batter contains: **WHEAT** Flour, Maize Flour, Dextrose, Raising Agents (E450, E500)

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

223 kcal / 933 kJ

Fat:

10.4 g

of which saturates:

0.8 g

Carbohydrates:

28.9 g

of which sugars:

4.6 g

Fibre:

3.3 g

Protein:

3.9 g

Salt:

0.5 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.