



A&T

BEER BATTERED ONION RINGS



Nutrition Information

Servings per package: 10
Serving size: 100gm

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	678kj (162Cal)	678kj (162Cal)
Protein	2g	2g
Fat, total	7.4g	7.4g
- saturated	1.33g	1.33g
Carbohydrate	21.8g	21.8g
- sugars	4.8g	4.8g
Sodium	304mg	304mg

Features & Benefits

- ✓ Hand cut natural onion rings coated in a crisp and tasty beer batter.
- ✓ An ideal accompaniment for steaks, burgers & ribs.
- ✓ Quick cook time; from freezer to fryer to plate in 2 mins max.
- ✓ An ideal appetiser or bar snack served with your favourite dipping sauce.

Cooking: **Deep fry** from frozen at 180°C, for 1½ - 2 minutes.
Oven bake in preheated conventional oven at 230°C (210°C fan forced), place frozen beer battered onion rings on a baking tray and cook for 10 minutes. Turning halfway.
Shallow fry from frozen at 180°C in a heavy base pan and cook on both sides for approximately 2-3 minutes.

Size: 15-25gm
Packed: 5 x 1kg
Code: BB02

INGREDIENTS: Onion(50%), wheat flour, soybean oil, rice flour, starch, onion powder, salt, corn flour, sugar, yeast extract, whey powder, wheat gluten, thickener(E1420, E415), mineral salt (E450i, E500ii), water.

ALLERGY ADVICE: Contains: Gluten, soybean, milk May also contain traces of: Fish, molluscs, crustaceans, egg & sulphites.



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