

# - FRED'S - Breaded Cauliflower with Cheese Flavor - 6/4 lb ba...

Fred's Breaded Cauliflower with Cheese Flavor uses premium white cauliflower florets that are fresh and consistent in size. Each floret is coated in a zesty cheddar cheese breading with cracker crumbs for a homemade appearance. Lacto-Ovo Vegetarian for those with special dietary needs.



## MARKETING



## Nutrition Facts

126 Servings per container

**Serving Size 8 Cauliflower Florets**

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**Amount Per Serving**

**Calories 100**

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**% Daily Value\***

<b>Total Fat</b> 1 g	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 460 mg	<b>20%</b>
<b>Total Carbohydrates</b> 19 g	<b>7%</b>
Dietary Fiber 1 g	<b>5%</b>
Total Sugars 2 g	
Includes 0 g Added Sugars	<b>0%</b>

**Protein** 3 g

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Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.7 mg	4%
Potassium 180 mg	4%

\* The % Daily Values (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.

## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack			
0127620	204018	10050665012761	6/4#			
Brand	Brand Owner	GPC Description				
Fred's	Ajinomoto Foods NA	Vegetables - Prepared/Processed (Frozen)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
25.25 LBR	24 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.125 INH	11.5 INH	10 INH	1.27 FTQ	8x4	545 Days	-10 FAH / 0 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
BUY_AMERICAN_ACT	N/A	N/A	N/A			

## HANDLING SUGGESTIONS



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

## ALLERGENS



**C** = 'Contains'; **MC** = 'May Contain'; **N** = 'Free From'; **UN** = 'Undeclared'; **NI** = 'Intentionally nor Inherently Included'; **50** = 'Derived from Ingredients'; **60** = 'Not Derived From Ingredients'; **NI** = 'No Info'

- |              |                 |
|--------------|-----------------|
| Milk - C     | Peanuts - N     |
| Eggs - N     | Tree - N        |
| Soybean - N  | Fish - N        |
| Wheat - C    | Shellfish - NI  |
| Sesame - N   | Crustaceans - N |
| Coconuts - N | Molluscs - N    |

## INGREDIENTS



Cauliflower, Bleached Wheat Flour, Water, Contains Less Than 2% of: Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Whey, Buttermilk Solids, Yellow Corn Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Dextrose, Torula Yeast, Mono and Diglycerides, Extractives of Paprika and Turmeric, Palm Oil, Salt. CONTAINS: WHEAT, MILK.

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## PREPARATION & COOKING SUGGESTIONS

FOR BEST QUALITY AND FOOD SAFETY FOLLOW THESE COOKING INSTRUCTIONS. ALL FOOD SHOULD BE COOKED TO AN INTERNAL TEMPERATURE OF 160°F. KEEP FROZEN UNTIL READY TO USE. Due to differences in appliances, cooking times may vary and require adjustment. DEEP FRYER: 350°F for 3¼ minutes.

## SERVING SUGGESTIONS

Easy to prepare, just fry and serve! Great tossed in buffalo sauce and served in veggie tacos with bleu cheese crumbles. Great for Meatless Monday taco's - or "cauliwings"!!

## MORE INFORMATION

Website : [www.ajinomotofoodservice.com](http://www.ajinomotofoodservice.com)

## NUTRITIONAL ANALYSIS

Calories	100
Protein	3 g
Total Carbohydrates	19 g
Sugars	2 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	460 mg
Calcium	0 mg
Iron	0.7 mg
Potassium	180 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS

VEGETARIAN	YES
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## MORE IMAGES

