

## TFS - Vegetables Spring Onions - Information

Greens Spring Onions

**TFS Product Code:** 012517  
**Suppliers Product Code:**  
**Information Last Updated:**  
**Date Produced:** 01/06/2026



### Allergy Information

Key: **Contains** **May Contain**



Sesame

Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	38.00
Energy (kJ)	163.00
Protein (g)	1.80
Carb (g)	7.30
Of Which Sugars (g)	0.00
Fat (g)	0.20
Of Which Saturates (g)	0.00
Fibre (g)	0.00
Salt (g)	0.00

### Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Spring Onions 100%

## Handling Information

### Directions for Use

Best cooked from frozen Heat a small quantity of oil or butter in a frying pan. Place the frozen vegetables in the pan and allow to simmer on a low heat for approx 8-10 minutes stirring as required. Season to taste.

### Storage Instructions

Never refreeze thawed products. Freezer: -6°C: 2 days -12°C: 1 month -18°C: see expiry date

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