

## Cream Of The Crop Frozen Sliced Onions - Information

Sliced onions frozen IQF

**TFS Product Code:** 029740  
**Suppliers Product Code:** 11471  
**Information Last Updated:** 31/05/2024  
**Date Produced:** 12/05/2025



### 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)	18.00
Energy (kJ)	75.00
Protein (g)	1.50
Carb (g)	1.50
Of Which Sugars (g)	1.30
Fat (g)	0.00
Of Which Saturates (g)	0.00
Fibre (g)	3.00
Salt (g)	0.01

### 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

100% Onion

## Handling Information

### Directions for Use

For best results, cook from frozen. Cooking instructions are a guideline only. Ensure product is thoroughly cooked before serving. Hob: Place required amount in a saucepan of boiling water. Return to boil and simmer for 3-4 minutes. Drain and serve. Microwave (900w): Place approximately 250g in to a microwaveable bowl with 3 tbsp of water and cover. Heat for 4 minutes 30 seconds. Drain and serve. Shallow fry: Heat a little oil in a frying pan or wok. Add the required amount of onions to the pan and stir over a medium heat for 3-4 minutes until heated thoroughly. Serve immediately.

### Storage Instructions

Keep frozen. Store at -18°C or colder. Do not refreeze once defrosted.

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