Thompsons Food Service Ltd. Nelsons Yard South Denes Road Great Yarmouth Norfolk NR30 3PR



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### **TFS - Vegetables Spring Onions - Information**

**Greens Spring Onions** 

TFS Product Code:012517Suppliers Product Code:Information Last Updated:Date Produced:19/04/2025



# Allergy Information



Vegan

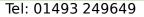
# **Nutritional Information**

	Serving Unit:	100g or 100ml
	•	0
	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

**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.

> Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

Kosher Vegetarian Halal



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### Ingredients

Spring Onions 100%

## **Handling Information**

#### **Directions** for Use

Best cooked from frozen Heat a small quantity of il 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. Seson 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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