



200186S Breaded Scampi (Whitby)



Pack Size: 450G BAG

Details: Caught in the waters around the British Isles and carefully prepared in a tasty golden crumb in Whitby, Yorkshire. Serve with chips and tartare sauce for a great British dish!

Allergen Information

Contains:

Cereal, Crustaceans, Gluten

Free from:

Celery, Eggs, Peanuts, Lupin, Milk, Mustard, Nuts, Sesame, Sulphur Dioxide, Soya

May contain:

Molluscs, Fish

Handling Information

Directions For Use:

Cooking Instructions: Always cook from frozen. The instructions below are just a guide; do make sure our scampi is piping hot throughout before serving. Once cooled do not reheat.

Deep Fry: 4 mins. Deep fry from frozen. Preheat oil to 180°C (350°F). Cook for

Storage Instructions:

Keep in the freezer at -18°C or colder and use by the best before date. Once defrosted, please don't refreeze.

Product Ingredients

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Scampi (**CRUSTACEANS**) (40%), Breadcrumbs (Wheat Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Yeast, rapeseed oil), Batter (Water, Wheat flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Salt), Water, Stabilisers: E450, E451, E452.

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

121 kcal / 514 kJ

Fat:

0.6 g

of which saturates:

0.3 g

Carbohydrates:

20 g

of which sugars:

0.3 g

Fibre:

1.7 g

Protein:

9.4 g

Salt:

1.48 g



check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.