



201300C Hot & Spicy Creel Prawns (Whitby)



Pack Size: 5 X 450G

Details: Premium prawns in a spicy marinade, coated in a crisp, golden crumbs.

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 prawns are piping hot throughout before serving.

Deep fry: 4mins

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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Prawns (**CRUSTACEANS**) (37%), wheat flour [**WHEAT** flour, calcium carbonate, iron, niacin, thiamin], water, **WHEAT** starch, sugar, rapeseed oil, salt, rice flakes, yeast, red pepper, garlic powder, onion powder, chilli powder, cumin, yeast extract, maltodextrin, lime powder, tapioca starch, flavouring, colour:

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

159 kcal / 673 kJ

Fat:

2.9 g

of which saturates:

1.4 g

Carbohydrates:

23.7 g

of which sugars:

4.9 g

Fibre:

1.6 g

Protein:

9 g

Salt:

0.87 g



All product information is correct at time of upload. Information may change so please 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.