



203058C James Cook Scampi (Whitby)



Pack Size: 10 X 450G

Details: Scampi pieces with minced white fish shaped and rolled in crispy breadcrumbs.

Allergen Information

Contains:

Cereal, Crustaceans, Fish, Gluten

Free from:

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

May contain:

Molluscs

Handling Information

Directions For Use:

Cooking instruction: Deep fry from frozen. Pre-heat oil to 180'C/ 350'F. Cook for approximately 4 minutes until crisp and golden brown. Once cooled, do not reheat.

Storage Instructions:

Store at -18.°C or colder until the best before date

Product Ingredients

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Breadcrumbs (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed oil, Yeast, Salt), Batter (Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Scampi (**CRUSTACEANS**) (20%) Minced White Fish

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

115 kcal / 487 kJ

Fat:

0.1 g

of which saturates:

0 g

Carbohydrates:

21.3 g

of which sugars:

3.1 g

Fibre:

1.7 g

Protein:

7.1 g

Salt:

1.58 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.