



## 203639S Coated Whitebait (Paramount)



**Pack Size:** 454G BAG

**Details:** Natural fillets of whitebait, free from heads and tails, in a light crumb. Makes a great starter, light snack or salad topping.

### Allergen Information

**Contains:**

Fish

**Free from:**

Cereal, Celery, Sesame, Crustaceans, Eggs, Gluten, Molluscs, Lupin, Milk, Mustard, Nuts, Peanuts, Sulphur Dioxide, Soya

**Suitable for:**

Halal, Coeliacs

### Handling Information

**Directions For Use:**

For best results, cook from frozen.

Deep fry in preheated oil at 180°C for 2 " 3 minutes. Drain thoroughly.

Shallow fry: Preheat oil in a pan over a medium heat and then turn to low to cook.

Place product in the pan and cook for 10 " 12 minutes, turning 2 -3 times during

**Storage Instructions:**

Keep frozen at -18°C or below. Do not refreeze if allowed to thaw.

### Product Ingredients

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**INGREDIENTS:** headed and gutted **MSC** whitebait (*Sprattus sprattus*) (**FISH**) (69%), water, rice flour, gram flour, potato starch, maize flour, maize starch, salt, thickening agent (xanthan gum), dextrose.

### Nutritional Information

**Typical Values per 100g/ml:**

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

**Energy:**

166 kcal / 695 kJ

**Fat:**

6.9 g

**of which saturates:**

1.8 g

**Carbohydrates:**

14.1 g

**of which sugars:**

0.4 g

**Fibre:**

1.1 g

**Protein:**

11.5 g

**Salt:**

0.7 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.