



205809S Coated Blanchbait (Paramount)



Pack Size: 454G BAG

Details: MSC certified whole whitebait covered in fine breadcrumbs.

Perfect served with tartare sauce as a simple starter, or as part of a mixed sharing board.

-Deep fry from frozen

-MSC certified fish

Allergen Information

Contains:

Cereal, Fish, Gluten

Free from:

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

Suitable for:

Halal

Handling Information

Directions For Use:

For best results, cook from frozen. This is a raw product. Cook thoroughly until piping hot throughout.

Deep fry: 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.

Storage Instructions:

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

Product Ingredients

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MSC whitebait (*Sprattus sprattus*) (**FISH**) (60%), breadcrumb [WHEAT flour (with calcium, iron, niacin, thiamin), salt, yeast], batter [water, WHEAT flour (with calcium, iron, niacin, thiamin), WHEAT starch, salt, potato starch].

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

197 kcal / 829 kJ

Fat:

6.9 g

of which saturates:

1.4 g

Carbohydrates:

19.4 g

of which sugars:

0.4 g

Fibre:

0.8 g

Protein:

13.8 g

Salt:

1.1 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.