



## 205809S Coated Whitebait (Sea Dragon)



Pack Size: 454G BAG

**Details:** 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

### Allergen Information

**Contains:**

Cereal, Fish, Gluten

**Free from:**

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

### Handling Information

**Directions For Use:**

This product is RAW. Ensure fully-cooked before consuming.

IQF Blanchbait should be cooked from frozen.

DIRECTLY FROM FROZEN!

Deep-fry in well preheated oil at 180°C for 2-3minutes, or until golden brown.

**Storage Instructions:**

Keep Frozen at "18°C or below. Do not refreeze if allowed to thaw.

### Product Ingredients

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Whitebait **FISH** (50%), Breadcrumbs (30%) [**WHEAT** flour ,  
Salt, Yeast], Batter 20% [Water, **WHEAT** flour, Salt, Corn starch].

### Nutritional Information

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

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

**Energy:**

220 kcal / 917 kJ

**Fat:**

2.69 g

**of which saturates:**

1.27 g

**Carbohydrates:**

36.2 g

**of which sugars:**

1.19 g

**Fibre:**

No Data

**Protein:**

12.63 g

**Salt:**

1.66 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.