



205810C Sardines (Sykes)



Pack Size: 10 X 1KG

Details: Whole sardines. Ideal for grilling and BBQs.

Allergen Information

Contains:

Fish

Free from:

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

Suitable for:

Coeliacs

Handling Information

Directions For Use:

Remove from bag and defrost in a cool place for up to 4 hours or overnight in a refrigerator. Rinse thoroughly in cold water, dry on absorbent kitchen paper. To Barbecue " simply brush the defrosted sardines with oil and place on a hot barbecue. Cook for approximately 10-12 minutes. Ensure the sardines are thoroughly

Storage Instructions:

Keep frozen at 18oC or below. Do not refreeze once defrosted.

Product Ingredients

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Sardines (Sardina pilchardus) (100%) (**FISH**)

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

165 kcal / 691 kJ

Fat:

9.2 g

of which saturates:

2.7 g

Carbohydrates:

0 g

of which sugars:

0 g

Fibre:

No Data

Protein:

20.6 g

Salt:

0.3 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.

