

205811C Salt & Pepper Squid (Pacific West)

Pack Size: 6 X 1KG

Details: Pineapple-cut squid chunks with a salt and pepper coating.

Allergen Information

Contains: Cereal, Gluten, Molluscs

Free from:

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

May contain: Milk, Fish, Crustaceans, Soya

Suitable for: Halal

Handling Information

Directions For Use: Deep Fry: Preheat oil to 180°C. Deep fry frozen squid for 3-4 minutes or until golden brown. Conventional Oven: Preheat oven to 220°C (Gas Mark 7). Place frozen squid on a preheated baking rack and bake for 24-26 minutes or until golden brown, turning over

Storage Instructions: Keep frozen. Store at or below minus 18°C. Do not refreeze.

Product Ingredients Product Ingredients:

Squid (**MOLLUSCS**) (70%), Coating [**WHEAT** Flour, Water, Palm Oil, Thickener (E1412), Sugar, Salt (1.4%), Pepper (1%), Raising Agents (E450, E500), Yeast extract, Spices, Colour (E160c)].

Nutritional Information

Typical Values per 100g/ml: Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy: 160 kcal / 668 kJ

Fat: 7.7 g

of which saturates: 3.7 g

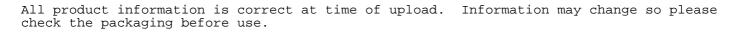
Carbohydrates: 11.5 g

of which sugars: 1.2 g

Fibre: 1.5 g

Protein: 10.3 g

Salt: 1.4 g



If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.