



## 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

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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



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.