



205811S Salt & Pepper Squid (Pacific West)



Pack Size: 1KG PACKET

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.