

## 205813C Whitebait (Paramount)



Pack Size: 20 X 454G

**Details:** Individually frozen whole whitebait - a tiny white fish.

### Allergen Information

**Contains:**

Fish

**Free from:**

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

**Suitable for:**

Halal

### Handling Information

**Directions For Use:**

For best results, cook from frozen. This is a raw product. Cook thoroughly until piping hot throughout.

DEEP FRY: Deep fry in small batches in preheated oil at 180°C for 2 " 3 minutes. Drain thoroughly.

**Storage Instructions:**

Keep frozen at -18°C or below. Do not refreeze if allowed to thaw.

### Product Ingredients

**Product Ingredients:**

Whole whitebait (*Sprattus sprattus*) (**FISH**) (97%), water (as a protective ice glaze), salt.

### Nutritional Information

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

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

**Energy:**

167 kcal / 696 kJ

**Fat:**

10.7 g

**of which saturates:**

2.1 g

**Carbohydrates:**

0 g

**of which sugars:**

0 g

**Fibre:**

0 g

**Protein:**

17.8 g

**Salt:**

0.6 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.

