



205813S Whitebait (Paramount)



Pack Size: 454G BAG

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

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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.

