



205935C Panko Coated Squid Strips (Pacific West)



Pack Size: 5 X 1KG

Details: Natural tender squid strips coated in a light Panko crumb.

Allergen Information

Contains:

Cereal, Molluscs

Free from:

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

May contain:

Milk, Fish, Crustaceans, Soya

Suitable for:

Halal

Handling Information

Directions For Use:

Cook from frozen. Deep Fry; Preheat oil to 180 degrees Celsius. Deep Fry frozen squid for 3 - 4 minutes or until golden brown.

Conventional oven: Preheat oven to 220 degree Celsius (Gas mark 7). Place frozen squid on a pre-heated baking rack and bake for 12-14 minutes or until golden brown,

Storage Instructions:

Keep frozen. Store at or below -18 degrees Celsius.

Do not refreeze once thawed.

Product Ingredients

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Squid (**MOLLUSCS**) (50%), Coating (50%) (**WHEAT** Flour, Water, Palm Oil, Thickeners (E1404, E1420), Sugar, Salt, Raising Agents (E450, E500), Onion, Garlic).

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

222 kcal / 930 kJ

Fat:

11.4 g

of which saturates:

5.6 g

Carbohydrates:

17.8 g

of which sugars:

1.1 g

Fibre:

2.7 g

Protein:

10.8 g

Salt:

1 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.