



206250C Battered Calamari Rings



Pack Size: 16 X 500G

Details: Tender rings of calamari in a golden, crisp batter.

Allergen Information

Contains:

Cereal, Gluten, Molluscs

Free from:

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

May contain:

Milk, Fish, Eggs, Crustaceans, Soya

Handling Information

Directions For Use:

Ocean Pearl Battered Squid rings should be cooked from frozen. This product can be oven baked, shallow or deep fried.

Deep Fry: Pre-heat clean oil to 190C and fry for 2½ minutes until golden. Drain well.

Shallow Frying: Heat ½ inch of oil in a frying pan and fry the rings for 3-4 minutes

Storage Instructions:

Keep Frozen at -18 degrees C or below. Do not refreeze once defrosted.

Product Ingredients

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Chopped & Shaped Squid Rings (Squid (**MOLLUSCS**), Starch, Thickener E401, Salt, Sucrose, Firming Agent E516) (40%), **WHEAT** Flour, Water, Breadcrumbs (WHEAT Flour, Yeast, Salt), Corn Starch, Sunflower Oil, Raising Agents E450i, E500ii, Salt, Glucose Syrup, Garlic, Thickener E412, Lemon Essence, Antioxidant E330,

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

246 kcal / 1032 kJ

Fat:

9.6 g

of which saturates:

1.1 g

Carbohydrates:

33 g

of which sugars:

5.6 g

Fibre:

2.7 g

Protein:

5.5 g

Salt:

2.5 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.