



## 206250S Battered Calamari Rings



**Pack Size:** 500G BAG

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

### Allergen Information

**Contains:**

Cereal, Molluscs

**Free from:**

Celery, Sesame, Peanuts, Nuts, Gluten, 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

**Product Ingredients:**

Chopped & Shaped Squid Rings (Squid (**MOLLUSCS**), Starch, Thickener E401, Salt, Sucrose, Firming Agent E516) (40%), **WHEAT** Flour, Water, Breadcrumb (**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.