



206673C Gluten Free Wholetail Scampi (Whitby Seafo



Pack Size: 6 X 600G

Details: Whole scampi (langoustine) tails in a crisp, golden gluten free breadcrumb.

Allergen Information

Contains:

Crustaceans

Free from:

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

May contain:

Molluscs, Fish

Suitable for:

Coeliacs

Handling Information

Directions For Use:

Always cook from frozen. The instructions below are just a guide; do make sure our [product] is piping hot throughout before serving. Once cooled, please don't reheat. Oven Bake: 18 Minutes. Pre-heat oven to 220°C/200°C fan/Gas mark 7. Remove all packaging and place scampi on a pre-heated baking tray in the centre of the oven.

Storage Instructions:

Keep in the freezer and polish off by the best before date, once defrosted please don't refreeze.

Product Ingredients

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Scampi (**CRUSTACEANS**) (36%), Water, Rice Flour, Gram Flour, Maize Starch, Potato Starch, Maize Flour, Rapeseed Oil, Salt, Dextrose, Black Pepper, Raising Agents (E450, E500), Thickener E415, Stabilisers (E339, E451, E452)

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

214 kcal / 895 kJ

Fat:

10 g

of which saturates:

1 g

Carbohydrates:

22.2 g

of which sugars:

0.1 g

Fibre:

0.8 g

Protein:

8.3 g

Salt:

1.68 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.