



206806S Sweet Chilli Squid Bites (Pacific West)



Pack Size: 1KG PKT

Details: Natural squid diced into small cubes and coated in sweet chilli batter with a spicy kick!

- Perfect for a light bar snack, starter or as a sharing platter.
- Quick to prepare and cook, deep fry from frozen in 2-3 minutes.

Allergen Information

Contains:

Cereal, Molluscs, Soya

Free from:

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

May contain:

Milk, Fish, Crustaceans

Suitable for:

Halal

Handling Information

Directions For Use:

Cook product before consumption. For best results, cook from frozen.

Deep Fry: Preheat oil to 180°C. Deep fry frozen squid for 2 " 3 minutes or until golden brown.

Conventional Oven: Preheat oven to 220°C (Gas Mark 7). Place frozen squid on a

Storage Instructions:

Keep frozen. Store at or below -18C. Do not refreeze once thawed

Product Ingredients

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Squid(MOLLUSCS) (55%), Coating [WHEAT Flour, Water, Palm Oil, Thickener (E1420), Sugar, Garlic, Onion, Chilli, Pepper, Salt, Acidity Regulator (E330), Raising Agents (E450, E500), Yeast Extract, Refined SOYBEAN Oil, Colour (E160c)]

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

173 kcal / 723 kJ

Fat:

8.4 g

of which saturates:

4.2 g

Carbohydrates:

15.9 g

of which sugars:

9 g

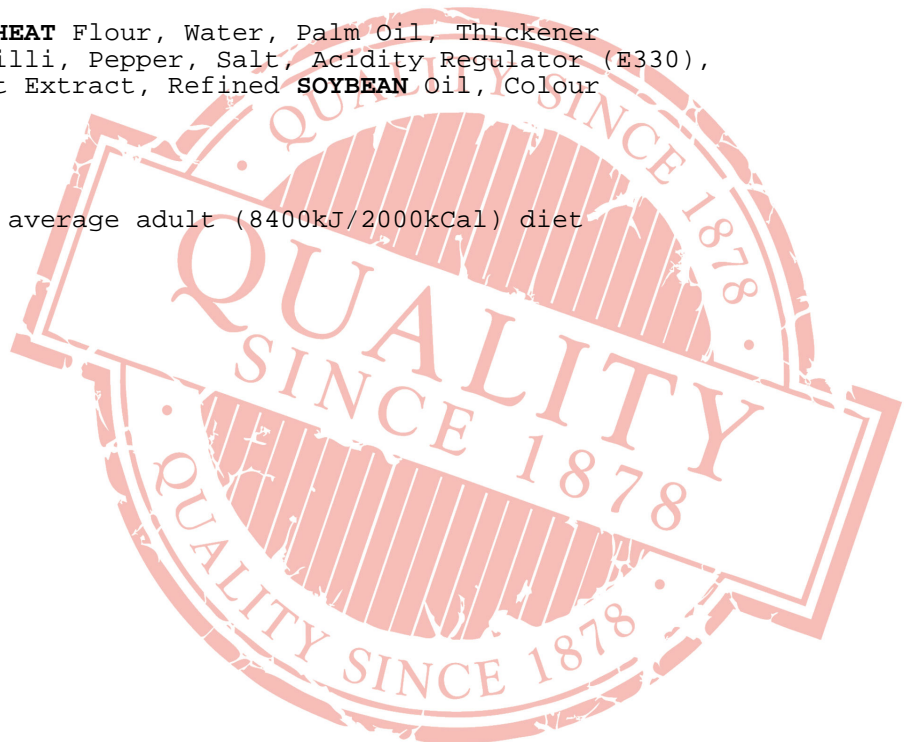
Fibre:

5.8 g

Protein:

5.6 g

Salt:



1.1 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.