



A&T

TEMPURA ALASKAN POLLOCK 145G



Natural Fillet



Nutrition Information

Servings per package: 30
Serving size: 145gm (1 piece)

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1716kj (410Cal)	1185kj (283Cal)
Protein	16.7g	11.5g
Fat, total	25.7g	17.7g
- saturated	3.6g	2.5g
Carbohydrate	28.1g	19.4g
- sugars	0.7g	0.48g
Sodium	263mg	181mg

Features & Benefits

- ✓ Ocean caught Alaskan Pollock fillet coated with A&T's tempura batter.
- ✓ Part of the Cod family, Alaskan Pollock is a very versatile low priced fish that is white in colour, has a good flaky texture & a mild taste.
- ✓ Cook from frozen and portion control for convenience.

Cooking: Deep fry from frozen at 180°C for approximately 6-7 minutes.

Size: 145gm
Packed: 4.35kg - 30 pieces
Code: TEMP17

INGREDIENTS: Pollock Fillet (50%), water, wheat flour, soybean oil, potato starch, corn flour, sugar, salt, whey powder, raising agent (E541, E500ii, E450i), thickeners (E412, E415), yeast, modified corn starch(E1420), yeast extract.

ALLERGY ADVICE: Contains: Fish, gluten, milk & soybean. May also contain traces of: Molluscs, crustacean, egg & sulphites.



A&T Trading Co. Pty. Limited

Unit 412/49 Queens Road Five Dock NSW 2046, PO BOX 3337 Waremba NSW 2046
P: (02) 9713 9455 F: (02) 9713 5770 E: enquiries@attrading.com.au W: www.attrading.com.au



Royal
Dragon

