



# A&T

## 230 GRAM SEAFOOD BASKET



### Nutrition Information

Servings per package: 1  
Serving size: 230gm

	Ave. Quantity per Serving	Ave. Quantity per 100g
<b>Energy</b>	1423.7kJ (340.4Cal)	619kJ (148Cal)
<b>Protein</b>	24.4g	10.6g
<b>Fat, total</b>	5.9g	2.6g
- saturated	1.2g	0.5g
<b>Carbohydrate</b>	47.4g	20.6g
- sugars	3.5g	1.5g
<b>Sodium</b>	1039.6mg	452mg

### Features & Benefits

A top quality price competitive seafood basket containing:

- ✓ 2 pieces Crumbed Fish (70g total)
- ✓ 2 Crumbed Prawn Cutlets 16/20 (50g total)
- ✓ 3 crumbed squid rings (60g total)
- ✓ 2 crumbed scallops (imitation) (50g total)
- ✓ Cook from frozen & portion controlled for convenience.

**Cooking:** Deep-fry from frozen at 180°C for 3.5 minutes or until golden brown.

**Size:** 230gm

**Packed:** 20 x 230gm

**Code:** CRUM09

**INGREDIENTS:** **Fish** - fish, water, wheat flour, starch acetate (E1420), wheat starch, soy flour, salt, wheat gluten, refined palm oil, thickener (E412, E415), sugar, dry yeast, flavour enhancer (E621), raising agent (E450i, E500ii). **Squid** - squid, water, wheat flour, starch acetate (E1420), wheat starch, soy flour, salt, wheat gluten, refined palm oil, thickener (E412, E415), sugar, dry yeast, flavour enhancer (E621), raising agent (E450i, E500ii), soybean oil. **Prawn** - Vannamei shrimp (salt, E322i, E330), water, wheat flour, soy flour, modified corn starch (E1404), Vegetable shortening (palm (non hydrogenated)), thickener (E412, E415), salt, sugar, yeast, raising agent (E450i, E500ii), acidity regulator (E330). **Scallop** - Imitation scallop (surimi (fish meat 35%, water, salt, rice wine, corn starch, wheat starch, egg white, sugar, scallop extract, scallop flavour, salad oil.) Water, wheat flour, starch acetate (E1420) wheat starch, soy flour, salt, wheat gluten, refined palm oil, thickener (E412, E415) sugar, dry yeast, flavour enhancer (E50i, E500ii)

**ALLERGY ADVICE:** Fish, crustacean, molluscs, milk, gluten, egg & soybean. May also contain traces of: Sesame & sulphites.



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