



A&T

PANKO SQUID RINGS



Nutrition Information

Servings per package: 58
Serving size: 2 pieces (70g)

| | Ave. Quantity per Serving | Ave. Quantity per 100g |
|---------------------|------------------------------|---------------------------|
| Energy | 347kj (83.3Cal) | 496kj (119 Cal) |
| Protein | 6.19g | 8.84g |
| Fat, total | 0.98g | 1.4g |
| - saturated | 0.26g | 0.37g |
| Carbohydrate | 11.76g | 16.8g |
| - sugars | 1.54g | 2.2g |
| Sodium | 350mg | 500mg |

Features & Benefits

- ✓ Hand crumbed natural squid rings.
- ✓ Premium Japanese style crumb
- ✓ Cook from frozen.
- ✓ Portion control for convenience.
- ✓ Ideal for Pubs, Clubs, Cafe's and Caterers.

Cooking: Deep-fry from frozen at 180°C for approximately 2 – 2 ½ minutes

Size: 35-45gm

Packed: 1 x 4kg

Code: CRS7

INGREDIENTS: Squid (50%), Wheat Flour, Starch, Salt, Soy Flour, Palm Oil, Wheat Gluten, Yeast, Flavour Enhancer (E621), Vegetable Gum (E1420, E412, E415), Mineral Salt (E450i, E500ii, E510, E341iii), Flour Treatment Agent (E516, E1100), Antioxidant (E300).

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



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