



# A&T

# PANKO SCALLOPS



## Nutrition Information

Servings per package: 10  
Serving size: 5 pieces (100gm)

	Ave. Quantity per Serving	Ave. Quantity per 100g
<b>Energy</b>	965kj	965kj
<b>Protein</b>	8.75g	8.75g
<b>Fat, total</b>	14g	14g
- saturated	2.53g	2.53g
<b>Carbohydrate</b>	17g	17g
- sugars	1.4g	1.4g
<b>Sodium</b>	1640mg	1640mg

## Features & Benefits

- ✓ Scallops are best known as the "fruit of the sea". Our hand crumbed Panko Scallops are made from premium roe off meat and they are sweet in flavour and tender in texture.
- ✓ Ideal for an entrée meal, share plates & mixed seafood platters.
- ✓ Portion control for convenience.
- ✓ Suitable for pubs, clubs, cafes, restaurants, caterers & food trucks.

**Cooking:** **Deep Fry** from frozen in preheated oil of 180°C for 4½ - 5 mins. **Oven Bake** from frozen in preheated conventional oven at 200°C on a baking rack, bake for 10-11 minutes. Carefully turning after 5-5½ mins.

**Size:** 25gm each (average) / 40 pieces per kg (approx)  
**Packed:** 5 x 1kg  
**Code:** CRUM37

**INGREDIENTS:** Scallop (50%), Water, Wheat Flour, Soybean Oil, Starch, Salt, Soy Flour, Palm Oil, Wheat Gluten, Yeast, Flavour Enhancer (E621), Vegetable Gum (E1420, E412, E415), Mineral Salt (E450i, E500ii, E510, E341iii, E452i, E551), Flour Treatment Agent (E516, E1100), Antioxidant (E300), Lactoprotein, Glutamine Transaminase. **ALLERGY ADVICE:** Contains molluscs, gluten and soybean. May also contain traces of crustacean, fish, egg, milk, sulphites, tree nuts & sesame.



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