



A&T

TEMPURA ALASKAN POLLOCK 180G

Natural Fillet



Nutrition Information

Servings per package: 30
Serving size: 180gm (1 piece)

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2133kj	1185kj (283Cal)
Protein	20.7g	11.5g
Fat, total	31.9g	17.7g
- saturated	4.5g	2.5g
Carbohydrate	34.9g	19.4g
- sugars	0.86g	0.48g
Sodium	326mg	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: 180gm
Packed: 5.4kg - 30 pieces
Code: TEMP24

INGREDIENTS: Pollock – (Theragra chalcogramma) (fish) (50%), water, wheat flour, soybean oil, potato starch, corn flour, sugar, salt, whey powder (milk), raising agent (E541, E500ii, E450i), thickeners (E412, E415), yeast, modified corn starch(E1420), yeast extract. **ALLERGY ADVICE:** Contains: fish, wheat, gluten, soybean, milk. May be present: crustacean, egg, sesame.



A&T Trading Co. Pty. Limited

Unit 412/49 Queens Road Five Dock NSW 2046, PO BOX 3337 Waremba NSW 2046

P: (02) 8753 4800 F: (02) 8753 4870 E: enquiries@attrading.com.au W: www.attrading.com.au



**Royal
Dragon**

