



Crumbed Squid Rings – Natural

Packed: 5 x 1kg (50/kg)
Size: 20gm
Code: CRS1
Inner Barcode: 9317562000128
Outer Barcode: 19317562000125

Cooking Type:

Description

- Tender Pacificus Squid tubes cut into rings and coated with A&T’s quality crumb.
- 100% natural squid.
- Cook from frozen.
- Portion control for convenience.

Nutritional Information

Servings per package: 6.25
Serving size: 160gm

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2049kj	1280kj
Protein	14.4g	9g
Fat, total	25g	15.8g
– saturated	5g	3.2g
Carbohydrate	44g	27g
– sugars	1g	0.6g
Sodium	939mg	587mg

Cooking

Deep-fry from frozen at 180°C for approximately 2-3 minutes.

Ingredients

Squid (**molluscs**) (50%), water, **wheat** flour, **soybean** oil, **soy** flour, salt, vegetable shortening (Palm), starch, **wheat** gluten, thickeners (E1420, E412,E415), mineral Salt (E450i, E500ii), sugar, yeast.

Allergen Advice

Contains: molluscs, wheat, gluten, soybean.

May be present: fish, crustacean, egg, milk, tree nuts, sesame.