

# Crumbed Squid Rings – Formed



Packed: 5 x 1kg (50/kg)  
Size: 20gm  
Code: CRS5  
Inner Barcode: 9317562001613  
Outer Barcode: 19317562001610

Cooking Type:



## Description

- Minced Pacificus Squid formed into an easy eat ring then coated with A&T's quality crumb.
- Perfectly seasoned to give it a great flavour.
- 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
<b>Energy</b>	745kj	465kj
<b>Protein</b>	14.3g	8.9g
<b>Fat, total</b>	10.8g	6.7g
– saturated	1.7g	1.1g
<b>Carbohydrate</b>	12.8g	8g
– sugars	0.2g	0.1g
<b>Sodium</b>	506mg	316mg

## Cooking

- Deep-fry from frozen at 180°C for approximately 2-3 minutes
- Oven bake from frozen at 220°C for 3-4 minutes, turning once halfway

## Ingredients

Squid (50%), wheat flour, modified food starch, vegetable shortening, soy flour salt, sugar, yeast, acidity regulator, (E450, E500), vegetable gum (E412, E415) soybean oil.

## Allergen Advice

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