

Gluten Free Wholetail Scampi (Whitby Seafoods)

Pack Size: 6 X 600G

Product Description:

Whole scampi (langoustine) tails in a crisp, golden gluten free breadcrumb.

Brand: Whitby Seafoods



Ingredient Declaration: Scampi (CRUSTACEANS) (36%), Water, Rice Flour, Gram Flour, Maize Starch, Potato Starch, Maize Flour, Rapeseed Oil, Salt, Dextrose, Black Pepper, Raising Agents (E450, E500), Thickeners E415, Stabilisers (E339, E451, E452)

Allergens:

NOT APPLICABLE	N/A
CONTAINS	Crustaceans
MAY CONTAIN	Fish, Molluscs

Additional Allergen Information:

Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE	N/A
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Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	214 kcal / 895 kJ
Fat	10 g
of which Saturates	1 g
Carbohydrate	22.2 g
of which Sugars	0.1 g
Fibre	0.8 g
Protein	8.3 g
Salt	1.68 g

Directions For Use:

Always cook from frozen. The instructions below are just a guide; do make sure our [product] is piping hot throughout before serving. Once cooled, please don't reheat. Oven Bake: 18 Minutes. Pre-heat oven to 220°C/200°C fan/Gas mark 7. Remove all

packaging and place scampi on a pre-heated baking tray in the centre of the oven. Bake for 18 minutes, turning half way through cooking, until crisp and golden. Tuck in. Deep Fry: 4 mins. Deep fry from frozen. Preheat oil to 180°C (350°F). Cook for approximately 4 minutes until crisp and golden.

Storage Instructions: Keep in the freezer and polish off by the best before date, once defrosted please don't refreeze.

Shelf Life Once Open:

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.