

# Gluten Free Fish Batter Mix (Middletons)

**Pack Size:** 2 X 2.5KG

## Product Description:

A complete gluten free batter mix suitable for coating fish or chicken.  
Just add water.

**Brand:** Middletons



**Ingredient Declaration:** Rice Flour, Tapioca Starch, Potato Starch, Maize Flour, Raising Agents (E341(i), E500(ii)), Gram Flour, Salt, Maize Starch, Thickener (Xanthan Gum).

## Allergens:

NOT APPLICABLE N/A

## Additional Allergen Information:

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

## Diet Suitability:

NOT APPLICABLE N/A  
SUITABLE FOR Vegetarians, Vegan

## Nutritional Information:

Nutrient	per 100g/ml
<b>Energy (kJ/kcal)</b>	332 kcal / 1412 kJ
<b>Fat</b>	0.8 g
<b>of which Saturates</b>	0.2 g
<b>Carbohydrate</b>	76 g
<b>of which Sugars</b>	0.3 g
<b>Fibre</b>	No Data
<b>Protein</b>	5.3 g
<b>Salt</b>	2.6 g

## Directions For Use:

Mixing Instructions: 1. Blend 500g dry mix with 600ml of COLD water until it is a smooth and creamy consistency. 2. This should give a thin batter. You can check the consistency of your batter using a Middletons Flow Cup. 3. For ideal results, fry at 190°C/375°F. 4. Cook until crisp and golden. 5. For a free Middletons Flow Cup, telephone 01902 608122.

**Storage Instructions:** Store in a cool, dry place away from strong odours and direct sunlight.

**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.