

Breaded Scampi (Whitby Seafoods)

Pack Size: 450G BAG

Product Description:

Caught in the waters around the British Isles and carefully prepared in a tasty golden crumb in Whitby, Yorkshire. Serve with chips and tartare sauce for a great British dish!

Brand: Whitby



Ingredient Declaration: Scampi (CRUSTACEANS) (40%), Breadcrumbs (Wheat Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Yeast, rapeseed oil), Batter (Water, Wheat flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Salt), Water, Stabilisers: E339, E451.

Allergens:

NOT APPLICABLE N/A

CONTAINS Cereal, Crustaceans, Gluten

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)	Yes	Hazelnuts	No
		Macadamia (Queensland) nuts	No
		Pecan nuts	No
		Pistachio nuts	No
		Walnuts	No

Diet Suitability:

NOT APPLICABLE N/A

Nutritional Information:

Nutrient	per 100g/ml
Energy (kJ/kcal)	121 kcal / 514 kJ
Fat	0.6 g
of which Saturates	0.3 g
Carbohydrate	20 g
of which Sugars	0.3 g
Fibre	1.7 g
Protein	9.4 g
Salt	1.48 g

Directions For Use:

Cooking Instructions: Always cook from frozen. The instructions below are just a guide; do make sure our scampi is piping hot throughout before serving. Once cooled do not reheat. 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 at -18°C or colder and use 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.