

04898 | Pacific West | 1Kg

Pacific West Salt & Pepper Squid Chunks

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Description

Brand Name	Pacific West
Country of Origin	Malaysia

Ingredients

Ingredients	Squid (MOLLUSCS) (70%), Coating [WHEAT Flour, Water, Palm Oil, Thickener (E1412), Sugar, Salt (1.4%), Pepper (1%), Raising Agents (E450, E500), Yeast extract, Spices, SOYA Sauce Powder (SOYA Bean, salt, WHEAT Flour, Water), CELERY Seed, Colour (E160c)].
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	10
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	669 kJ
Energy (Kilocalories)	160 kcal
Fat, Total	7.7 g
Saturated	3.7 g
Carbohydrate	11.5 g
Sugars	1.2 g
Dietary Fibre, Total	1.5 g
Protein, Total	10.3 g
Salt	3.5 g
Sodium	1400 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	May Contain
Egg and Egg Products	May Contain
Fish and Fish Products	May Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Contains
Milk and Milk Products	May Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Contains
Mustard (and products thereof)	May Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Contains

Dietary Information

Halal Certified	Yes
Kosher Certified	No
Suitable for Vegan	No
Suitable for Vegetarian	No
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	NONE
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	N/A
Oven	Preheat oven to 220°C (Gas Mark 7). Place frozen squid on a preheated baking rack and bake for 24-26 minutes or until golden brown, turning over halfway through cooking. Allow a minute to cool before serving.
Oven From Frozen	N/A
Microwave Instructions	N/A
Fry	Preheat oil to 180°C. Deep fry frozen squid for 3-4 minutes or until golden brownN/AN/A
Grill	N/A
Other	N/AN/AN/A

Packaging

Do you have any packaging environmental claims?

Recyclable