

27423 | Arctic Royal | 700g

## King Prawn Raw Peeled & Deveined 26-30

Raw, peeled and deveined King Prawns with added water.

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### Description

Unique Marketing Statement	Raw, peeled and deveined King Prawns with added water.
Brand Name	Arctic Royal
Country of Origin	Farmed in Vietnam, Thailand or India and packed in the UK

### Ingredients

Ingredients	Prawns (Crustaceans), Water, Salt, Stabilisers: E451, E452, E340
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	7
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	201 kJ
Energy (Kilocalories)	48 kcal
Fat, Total	0.54 g
Saturated	0.3 g
Carbohydrate	0.2 g
Sugars	0.1 g
Dietary Fibre, Total	0.1 g
Protein, Total	10.74 g
Salt	3.275 g
Sodium	1310 mg

### Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
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)	Contains
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT 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)	Does NOT Contain
Mustard (and products thereof)	Does NOT 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)	Does NOT Contain

## Dietary Information

Halal Certified	No
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?	Yes BAP (no logo on the packaging)
Does any other assurance scheme apply to this product?	Other

## Preparation Suggestions

Is the product ready to eat?	For best results defrost before cooking. Defrost at room temperature for approx. 3 hours or overnight in refrigerator. Once defrosted keep refrigerated and consume within 24 hours. This product contains raw prawns and must be cooked thoroughly. These instructions are guidelines only as cooking appliances vary. Ensure prawns are piping hot and cooked throughout before serving. Not suitable for microwave cooking. Remove product from packaging before cooking.
Reconstitution Instructions	NA
Oven	No
Oven From Frozen	No
Microwave Instructions	Not suitable for microwave cooking
Fry	01. Preheat under 1 tbsp. of olive oil or a knob of butter in a frying pan. 2. Cook prawns over a medium heat for 3 minutes, stirring continuously. 0
Grill	Place under a pre-heated grill for 8 minutes. Turn once halfway through cooking.
Other	01. Preheat under 1 tbsp. of olive oil or a knob of butter in a frying pan. 2. Cook prawns over a medium heat for 3 minutes, stirring continuously. 0

## Packaging

Do you have any packaging environmental claims?	No environmental packaging claim
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