

61511 | Arctic Royal | 500g

## Filo Pastry Wrapped King Prawns with Added Water

Document published: 29 Aug 2020, 06:39:12 AM

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### Description

Brand Name	Arctic Royal
Country of Origin	Vietnam

### Ingredients

Ingredients	Filo pastry [Water, Wheat Flour, Corn Flour, Vegetable Oil, Baking Powder, Salt, Prawn (40%)]Prawn (Penaeus vannamei)(Crustaceans), Water, Stabiliser: E451j
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	5
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	812 kJ
Energy (Kilocalories)	194 kcal
Fat, Total	1.5 g
Saturated	0.5 g
Carbohydrate	37 g
Sugars	3.9 g
Dietary Fibre, Total	0 g
Protein, Total	8.3 g
Salt	1.42 g
Sodium	568 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)	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?	none
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Is the product ready to eat?	NA
Oven	Preheat oven to 220°C / 200°C Fan / Gas Mark 7. Place prawns on a preheated baking tray and cook for 8-10 minutes or until golden brown.
Oven From Frozen	NA
Microwave Instructions	NA
Fry	Preheat the oil to 180°C. Deep fry frozen for 4-5 minutes until golden brown.NANA
Grill	NA
Other	NANANA

## Packaging

Do you have any packaging environmental claims?

No environmental packaging claim