



# Salt & Pepper Squid

**MF CODE: 6859 | APPROX 17 PCS | 360 G NET**  
**MF CODE: 6865 | APPROX 47 PCS | 1 KG NET**





## Salt & Pepper Squid

- \* Pineapple cut squid seasoned to perfection with salt and pepper
- \* Ideal for platters, sharing plates and entrees.
- \* Ovenable and convenient



### Product Information

Code	Product	Approx No. Pieces	Pack Size
6859	Salt & Pepper Squid	17 pcs	10 x 360 g
6865	Salt & Pepper Squid	47 pcs	10 x 1 kg

### Nutrition Information

Servings per pack: 10  
Serving size: 100g

	Avg Qty per serving	Avg Qty per 100g
Energy	829 kJ	829 kJ
Protein	11.0 g	11.0 g
Fat -Total	12.9 g	12.9 g
-Saturated	2.2 g	2.2 g
Carbohydrate	9.7 g	9.7 g
Sugars	0.8 g	0.8 g
Sodium	530 mg	530 mg

**Ingredients:** Squid (60%) [Squid, Water, Mineral Salt (450), Antioxidant (300)], **Wheat** Flour, **Soybean** Oil, Salt (5%), Pepper (5%), Modified Tapioca Starch, Emulsifiers (450, 500), Dextrose, Spices, Onion, **Wheat** Gluten, **Egg** White Powder.

Contains: Mollusc (Squid), Gluten (Wheat), Egg & Soy.

Product of China

### Cooking Instructions

Cook from frozen.

	<b>OVEN BAKE</b>	TEMP. <b>220°C</b>	TIME <b>10-15 MINS</b>
	<b>PAN FRY</b>	TEMP. <b>MED</b>	TIME <b>4-5 MINS</b>
	<b>DEEP FRY</b>	TEMP. <b>180°C</b>	TIME <b>2-3 MINS</b>

Storage: Keep frozen at or below -18°C  
Frozen Shelf Life: 24 Months from production.



Code	Inner Barcode	Outer Barcode	Outer Dimensions (HxWxD)mm
6856	9414169685618	19414169685615	365 x 295 x 165
6857	9414169685717	19414169685714	400 x 300 x 300