

GENUINE & FORMED SQUID RINGS



PRODUCT BENEFITS

- * Tender high quality squid rings produced from 100% pure squid with no artificial flavourings or preservatives.
- * Versatile - can be served as a bar snack or finger food, as an entree, a main meal or in a seafood basket or platter.
- * Coated in a delicious crispy crumb and flash fried in canola oil.
- * Ideal for Clubs, Pubs, Bistros, Cafes, Caterers and Take-aways.

COOKING RECOMMENDATIONS DO NOT THAW FIRST

- Shallow Fry:** Preheat 5 mm of oil to medium heat.
Fry in covered pan for 2 mins until golden brown.
- Deep Fry:** Preheat oil to 180 °C. Fry for 2 mins until golden brown.
- Oven Bake:** Preheat the oven or dish or tray to 230 °C .
Genuine: Bake for 3 -4 mins each side until golden brown.
Formed: Bake for 6 mins each side until golden brown.
- Grill:** Preheat the grill and rack.
Genuine: Grill on high for 4 mins each side.
Formed: Grill on high for 3 mins each side.

STORAGE INSTRUCTIONS

Keep Frozen at or below minus 18 °C.

NUTRITION INFORMATION

Typical Composition	Genuine	Formed
	Per 100g	Per 100g
Energy	1040 kJ	970 kJ
	248 Cal	236 Cal
Protein	9.5 g	11.3 g
Fat	- Total	17.4 g
	- Sat.	1.2 g
Carbohydrate	- Total	13.8 g
	- Sugars	1.2 g
Sodium	340 mg	190 mg

PACKAGING DETAILS

Product Code	Product Description	GTIN (inner)	GTIN (outer)
155468	Genuine Squid Rings	9326979000256	19326979000253
156911	Formed Squid Rings	9326979000263	19326979000260

Pack Size	Ctn Dimens.	Av Portion Wt	Count per Kg
5 x 1 kg	380 x 226 x 220	20-25 gm	40-50

PRICING

Pack	Carton

Available From: