



# A&T

# PANKO SHIITAKE MUSHROOM

**VEGAN FRIENDLY**



## Nutrition Information

Servings per package: 50  
Serving size: 5 pieces (100gm)

	Ave. Quantity per Serving	Ave. Quantity per 100g
<b>Energy</b>	921kj	921kj
<b>Protein</b>	4.45g	4.45g
<b>Fat, total</b>	13.6g	13.6g
- saturated	2.37g	2.37g
<b>Carbohydrate</b>	19g	19g
- sugars	3.2g	3.2g
<b>Sodium</b>	365mg	365mg

## Features & Benefits

- ✓ A great combination of rich earthy flavour & crunchy texture that can be enjoyed straight up or with an accompanying sauce, A&T Panko Shiitake Mushrooms are ideal as a side item, steak topper or for Tapas Plate application.
- ✓ Suitable for pubs, clubs, cafes, restaurants, caterers & food trucks.
- ✓ Vegan Friendly and portion control for convenience.

**Cooking:** **Deep Fry** from frozen in preheated oil of 180°C for 4-4½ mins. **Oven Bake** from frozen in preheated conventional oven at 200°C on a baking rack, bake for 12-13 minutes. Carefully turning after 6-6½ mins.

**Size:** 30gm each (average) / 33 pieces per kg (approx)  
**Packed:** 5 x 1kg  
**Code:** CRUM36

**INGREDIENTS:** Mushrooms (50%), Water, Wheat Flour, Soybean Oil, Starch, Salt, Soy Flour, Palm Oil, Wheat Gluten, Yeast, Flavour Enhancer (E621), Vegetable Gum (E1420, E412, E415), Mineral Salt (E450i, E500ii, E510, E341iii), Flour Treatment Agent (E516, E1100), Antioxidant (E300). **ALLERGY ADVICE:** Contains: Gluten and soybean. May also contain traces of crustacean, fish, molluscs, egg, milk, sulphites, tree nuts & sesame.



### A&T Trading Co. Pty. Limited

Unit 412/49 Queens Road Five Dock NSW 2046, PO BOX 3337 Wareemba NSW 2046  
P: (02) 8753 4800 F: (02) 9713 5770 E: enquiries@attrading.com.au W: www.attrading.com.au

