



A&T

TEMPURA FLOUNDER FILLETS



Nutrition Information

Servings per package: 30
Serving size: 1 piece (100g)

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	761kj (182Cal)	761kj (182Cal)
Protein	9.78g	9.78g
Fat, total	8.4g	8.4g
- saturated	2.0g	2.0g
Carbohydrate	16.8g	16.8g
- sugars	2.8g	2.8g
Sodium	39mg	39mg

Features & Benefits

- ✓ Premium quality skinless & boneless flounder fillets coated in a light & delicious tempura batter.
- ✓ Ocean caught fish.
- ✓ Portion control for convenience.
- ✓ Quick cook time from frozen.
- ✓ Ideally suited for Clubs, Pubs, Cafes & Caterers.

Cooking: Deep fry from frozen at 180°C for approximately 4 minutes.

Size: 100gm
Packed: 3Kg Carton (30 pieces)
Code: TEMP05

INGREDIENTS: Flounder 60%, Water, Wheat Flour, Soybean Oil, Potato Starch, Corn Flour, Sugar, Salt, Whey Powder, Raising Agent (E541, E500ii, E450i), Thickeners (E412, E415), Yeast, Modified Corn Starch(E1420), Yeast Extract.

ALLERGY ADVICE: Fish, gluten, milk & soybean. May also contain traces of: Molluscs, crustacean, egg & sulphites.



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