

## Sykes Salt & Pepper Pineapple Cut Squid - Information

Pineapple-cut squid chunks with salt & pepper coating

**TFS Product Code:** 028968  
**Suppliers Product Code:**  
**Information Last Updated:** 07/12/2022  
**Date Produced:** 02/02/2025



### Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	192.00
Energy (kJ)	801.00
Protein (g)	11.50
Carb (g)	12.20
Of Which Sugars (g)	0.50
Fat (g)	10.50
Of Which Saturates (g)	1.90
Fibre (g)	1.20
Salt (g)	1.20

### Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Squid (70%) (*Dosidicus gigas*) (MOLLUSCS), Coating [WHEAT Flour, Modified Tapioca Starch, Corn Flour, Rice Flour, WHEAT GLUTEN, EGG White Powder, Salt, Spices, Sugar, Yeast Extract, Raising Agent (E450, E500), Garlic Powder, Natural Flavour, Dextrose, Thickener (E412)], SOYBEAN Oil.

## Handling Information

### Directions for Use

Cook from frozen. Oven: Preheat oven to 230oC fan/ 240oC conventional oven. Remove product from pack and place onto a baking paper lined tray in the middle shelf of the oven. Cook for 10 minutes or until golden brown, turning half way through. Deep fry: Fry in hot oil (180oC) for 2.5 - 3 minutes or until golden yellow, ensuring not to overcook. Drain well before serving. Ensure product is thoroughly cooked and piping hot throughout. Do not reheat. Not suitable for microwave cooking.

### Storage Instructions

Keep frozen at - 18oC or below. Do not refreeze, once defrosted.

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