

## Seafest Squid Tubes U/5 - Information

I.Q.F Squid U5 Squid Tubes (*Dosidicus gigas*). Skinless and boneless.

**TFS Product Code:** 029081  
**Suppliers Product Code:** 65300  
**Information Last Updated:** 07/12/2022  
**Date Produced:** 22/01/2025

### Allergy Information

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



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	313.00
Energy (kJ)	1309.00
Protein (g)	17.00
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	1.30
Of Which Saturates (g)	0.60
Fibre (g)	0.00
Salt (g)	0.01

### Dietary Information

Key: **Suitable for**



**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 (99.7%) (*Dosidicus gigas*) (MOLLUSC), Water, Salt, Dextrose, Stabiliser: Sodium Phosphate. Acidity Regulators: Citric Acid, Sodium Citrates.

## Handling Information

### Directions for Use

Cooking Instructions: Remove all packaging prior to cooking and defrost. Oven bake: Pre-heat oven to 180°C - 200°C. Place the squid tubes on a pre-heated baking tray and cook for 15-18 minutes. Deep fry: Pre-heat oil to 180°C. Place the squid tubes in the oil and fry for 2-3 minutes. Please ensure food is piping hot prior to serving. The above instructions are guidelines only as cooking appliances may vary.

### Storage Instructions

Keep frozen at -18°C. Once defrosted, do not refreeze.

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