

## Sykes Panko Coated Squid Rings Calamari - Information

Raw, pre-fried squid rings coated in panko breadcrumbs

**Our Product Code:** 028327

**Suppliers Product Code:** 300134

**Information Last Updated:** 30/08/2024

**Date Produced:** 19/01/2026



## 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)	265.00
Energy (kJ)	1104.00
Protein (g)	9.00
Carb (g)	18.50
Of Which Sugars (g)	0.90
Fat (g)	17.00
Of Which Saturates (g)	2.90
Fibre (g)	0.00
Salt (g)	1.38

## Dietary Information

Key: Suitable for



Kosher



Vegetarian



Halal



Vegan

**Please Note:** This information has been supplied by manufacturers and other third parties to Yare Food Services. 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 (Dosidicus gigas) (51%), **Mollusc**, **Wheat** **Flour**, Modified Tapioca Starch, Thickeners: Oxidised Starch, Xanthan Gum, Guar Gum; Cornflour, Sea Salt, Dextrose, Sugar, Raising Agents: Diphosphates, Sodium Carbonates; Yeast, Fully Refined Soybean Oil.

## Handling Information

### Directions for Use

Cook from frozen Oven: Preheat the oven to 220DegC Electric / 220DegC Fan / Gas 7. Place on a baking tray on the middle shelf of a preheated oven for 13 - 15 minutes. Deep Fry: Fry in hot oil (180DegC) 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. All appliances vary, the instructions are guidelines only.

### Storage Instructions

Frozen at -18'c or below

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