

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**



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**



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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