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Status Published

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121031 Arctic Royal Raw King Prawns with added water, Raw, Peeled & Deveined Extra Large

King Prawns With Added Water 10x700g

PRODUCT DESCRIPTION

Frozen Raw Peeled & Deveined Tail Off IQF Vannamei Prawns, (16/20 pcs/lb Frozen Count), 10 x 700g (excluding ice glaze)

Manufacturer Product Code	121031
Product Type	Food
Product Category	Other Fish & Seafood
Storage Type	Frozen
Erudus ID	af9e84c60616475ba4537080764859d4
Specification Type	Fish and Seafood



Inner Component GTIN	5025728017753
Outer Case GTIN	05025728017746



INGREDIENTS

Ingredient Declaration

Prawns (CRUSTACEANS), Stabilisers; E451, E452, Antioxidant: E223 (Sulphites)

ALLERGENS

Product Contains:

Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	No	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	No	Hazelnuts	No
Crustacea	Yes	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	No	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	No	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	Yes

DIET SUITABILITY	Halal Diet	No	Kosher Diet	No
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Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 36kcal / 155kJ

Nutrient	per 100g	RI per 100g	per 100g serving	RI per 100g serving
Energy (kJ)	155 kJ	2%	155	2%
Energy (kcal)	36 kcal	2%	36	2%
Fat	0.5 g	1%	0.5 g	1%
of which Saturates	0.1 g	1%	0.1 g	1%
Carbohydrate	1.2 g	0%	1.2 g	0%
of which Sugars	0.5 g	1%	0.5 g	1%
Fibre	< 0.5 g		0.5 g	
Protein	7.8 g	16%	7.8 g	16%
Salt	1.7 g	28%	1.7 g	28%

Serving Size 100 g

HANDLING &
STORAGE
INFORMATION

Directions For Use

Cooking instructions: For the best results defrost before cooking. Defrost at room temperature for approx. 3 hours or overnight in refrigerated. Once defrosted keep refrigerated and consume within 24 hours. This product contains raw prawns and must be cooked thoroughly. These instructions are guidelines only as cooking appliances vary. Ensure prawns are piping hot before serving. Not suitable for microwave cooking. GRILL: Place under a pre-heated grill for 8 minutes. Turn once halfway through cooking. SHALLOW FRY: Preheat 1 tbsp. of olive or a knob of butter in a frying pan. Cook prawns over a medium heat for 3 minutes, stirring continuously. AS A GUIDE RAW PRAWNS TURN FROM GREY TO PINK WHEN COOKED.

Storage Instructions

Keep frozen at -18 °C Star marked frozen food compartment: * 1 week (at -6°C) ** 1 month (at -12°C) *** Until Best Before End* ***** Food freezer Until Best Before End* 3 days Ice compartment 24 hours Refrigerator Do not re-freeze once defrosted.
*Should be -18°C or colder.

ORIGIN

Product Country of Origin Other

Additional Origin Details

Farmed in India / Vietnam/ Thailand / Ecuador / Mexico / Venezuela and packed in the UK

Origin of the Primary Ingredient

CONTACT
INFORMATION

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