



Nutrition		
Servings Per Package: 36	Serving Size: 83g (Approx. 3 pieces)	
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	865kJ	1040KJ
Protein	9.0g	10.9g
Fat, Total	13g	15.7g
- Saturated	1.7g	2g
Carbohydrate	13.4g	16.2g
- Sugars	<1.0g	<1.0g
Sodium	315.0mg	380.0mg
< Means Less Than		

**Ingredients**  
South American Flathead (**fish**) (50%), Crispy Batter (50%) [**wheat** flour, vegetable oil, water, potato starch, corn flour, thickeners (modified corn starch, xanthan gum, guar gum), salt, dextrose, sugar, acidity regulator (sodium bicarbonate, 450, 541), yeast extract (barley)].

Contains wheat, gluten, fish.



## South American Flathead Fish bites

Succulent flathead bites hand dipped in our signature light and crispy batter.

Product Specification		Shipping Information	
SKU	13105	Length	305 MM
Brand	I&J®	Width	185 MM
Gross Wt	3.22KG	Height	174 MM
Net Wt	3KG	Shelf Life	540 days
Halal Certified	Y		
Please Note: Due to formulation changes, specification information on product packaging is most current.			

Preparation Instructions For Food Safety and Quality		
Method Type	Time	Temperature
<b>Deep Fryer</b> Deep fry frozen fish bites for 3½ - 4 minutes.	3½ - 4 minutes	180°C
<b>Standard Oven</b> Place frozen fish bites on a baking paper-lined flat tray and cook for 12 minutes.	12 minutes	180°C
Generated: Aug 19, 2024   © Aug 19, 2024 J.R. Simplot Co.   SimplotFoods.com/au/   1-800-061-279		