



Nutrition		
Servings Per Package: 60		Serving Size: 50g
	Ave. Quantity Per Serving	Ave. Quantity Per 100g
Energy	464kJ	929KJ
Protein	5.8g	11.6g
Fat, Total	7g	14.1g
- Saturated	0.7g	1.4g
Carbohydrate	6g	12.1g
- Sugars	<1.0g	<1.0g
Dietary Fibre	0.3g	0.5g
Sodium	210.0mg	420.0mg
< Means Less Than		

Ingredients
South American Flathead (**fish**) (56%), vegetable oil, **wheat** flour, water, potato starch, corn flour, thickeners (modified corn starch (1420), xanthan gum, guar gum), salt, dextrose, sugar, acidity regulator (sodium bicarbonate, 450, 541), yeast extract (contains barley).

Contains wheat, gluten, fish.



South American Crispy Battered Flathead Fillets

Skinless flathead fillets in a delicious, golden, crispy batter.

Product Specification		Shipping Information	
SKU	45631	Length	305 MM
Brand	I&J®	Width	185 MM
Gross Wt	3.301KG	Height	174 MM
Net Wt	3KG	Shelf Life	540 days
Halal Certified	Y		
Marine Stewardship Council 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
Deep Fryer Deep fry frozen battered fillets for 3½ - 4 minutes. 3½ - 4 minutes.		180°C
Standard Oven Place frozen battered fillets on a shallow baking tray lined with baking paper and cook for 16 minutes.	16 minutes	210°C
Combi Oven Place frozen battered fillets on a shallow baking tray lined with baking paper and cook for 12 minutes.	12 minutes	180°C convection mode

Generated: Aug 19, 2024 | © Aug 19, 2024 J.R. Simplot Co. | SimplotFoods.com/au/ | 1-800-061-279