

The information on the [Erudus System](#) has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

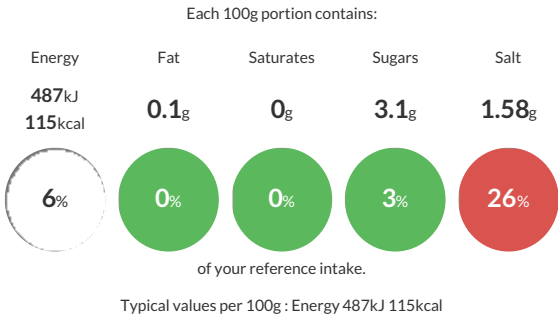
James Cook Scampi and Fish Bites 10*450g

Short Product Name:
James Cook Scampi and Fish Bites

Scampi pieces with Minced White Fish shaped & rolled in Crispy Breadcrumbs.

Traded Unit GTIN: 05016316916008 Internal GTIN: 5016316016005 Supplier : Whitby Seafoods Ltd Suppliers Product Code : 1600

Reference Intake



Nutritional Information

Typical Values	Per 100g
Energy	487kJ 115kCal
Carbohydrates	21.3g
of which sugars	3.1g
Fat	0.1g
of which saturates	0g
Fibre	1.7g
Protein	7.1g
Salt	1.58g


Allergy Information

Key: Contains May Contain


Contains Cereal/Gluten


Does Not Contain Milk


Does Not Contain Eggs


Does Not Contain Peanuts


Does Not Contain Nuts


Contains Crustaceans


Does Not Contain Mustard


Contains Fish


Does Not Contain Lupin


Does Not Contain Sesame


Does Not Contain Celery


Does Not Contain Soya


May Contain Molluscs


Does Not Contain Sulphur Dioxide

Dietary Information

Key: Suitable for


May not be suitable for Vegetarian


May not be suitable for Vegan


May not be suitable for Kosher


May not be suitable for Halal


NO DATA for Coeliac

Allergen Statement
For allergens including cereals containing **GLUTEN** please see ingredients in **CAPITALS**. May also include **MOLLUSCS**

Ingredients

Breadcrumbs (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed oil, Yeast, Salt), Batter (Water, WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Scampi (CRUSTACEANS) (20%) Minced White Fish (FISH) (17%), Water, Stabilisers: E450, E451, E452.