



LARGE PRAWNS

Thawing Instructions :

Remove the inner vacuum pouch from the printed bag.

Thaw by immersing the sealed pack in water till the product is fully thawed.

Do not thaw in warm/ hot water.

Remove product from the packet and lightly rinse off the glaze water.

Prawns are ready to use.

Cooking Instructions:

Small Prawns – 1.5 Minute

These prawns are fully cleaned and ready to cook. Great care has been taken to peel each prawn. To retain its natural taste and texture do not overcook. Ideal cooking time is 90 Seconds.

Nutrition Facts :

| Nutritional information | | | |
|-------------------------|----------|-------------------|-----------------------|
| Nutritional Information | Per 100g | Per Serving 250 g | % RDA *Per Serving |
| Energy (Kcal) | 54.53 | 136.3 | 6.82 |
| Protein g | 12.62 | 31.6 | 63.1 |
| Total Carbohydrate g | 0 | 0 | 0 |
| Total Sugars g | 0 | <0.5 | |
| Added Sugars g | 0 | 0 | 0 |
| Dietary fiber | 0 | 0 | |
| Total Fat g | 0.45 | 1.1 | 1.68 |
| Saturated Fat g | 0.132 | 0.3 | 1.5 |
| Polyunsaturated Fat g | 0.052 | 0.1 | |
| Monounsaturated Fat | 0.265 | 0.7 | |
| Trans Fat g | 0 | 0 | 0 |
| Cholesterol mg | 79.68 | 199.2 | 66.4 |
| Calcium mg | 88.4 | 221 | 11.05 |
| Iron Mg | 17.44 | 43.6 | |
| Potassium mg | 726.58 | 1816.5 | |
| Sodium mg | 5368.38 | 13421 | |

Allergen Information:

Contains crustaceans

Ingredients Used

Prawn, water & salt

