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# SEAFOOD PRODUCTS



# JAPANESE PANKO CRUMBED FISH STRIPS

HIGH IN PROTEIN  
REDUCED FAT

Nutrition Facts		
10 Servings per container Serving size 100g		
Amount per serving		127 Kcal
		Daily Value %
<b>Total Fat</b>	2.11 g	3.01
Saturated Fat	0.51 g	2.55
Trans Fat	0 g	0.00
<b>Cholesterol</b>	68.5 mg	22.83
<b>Sodium</b>	602 mg	25.08
<b>Total Carbohydrate</b>	13.4 g	5.15
Dietary Fibre	1.45 g	5.18
Total Sugar	0 g	0.00
Includes Added Sugar	0 g	0.00
<b>Protein</b>	13.56 g	27.12
Vitamin D	0 mcg	0.00
Calcium	40.3 mg	4.03
Iron	10.82 mg	49.18
Potassium	282 mg	14.10

\* The % Daily Value (DV) tells you how much a nutrient in serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



10 KG

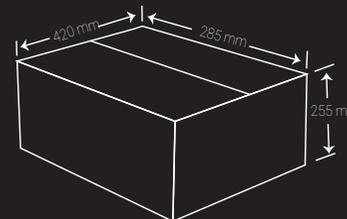
NET WEIGHT

## Cooking Instructions

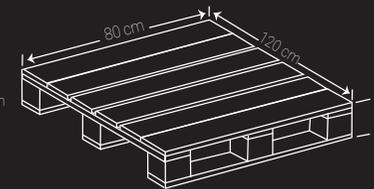


DEEP FRY

In preheated oil (180°C)  
for about 3 to 4 minutes  
or until golden brown.



1 Kg x 10 Packs  
Weight 10 Kg



40Feet Container 64 Carton Per Pallet  
Racking System 34 Carton Per Pallet



# JAPANESE PANKO CRUMBED FISH FILLET LEMON N PEPPER

HIGH IN PROTEIN  
REDUCED FAT

Nutrition Facts		
10 Servings per container Serving size 100g		
Amount per serving		127 Kcal
Calories		Daily Value %
<b>Total Fat</b>	2.11 g	3.01
Saturated Fat	0.51 g	2.55
Trans Fat	0 g	0.00
<b>Cholesterol</b>	68.5 mg	22.83
<b>Sodium</b>	602 mg	25.08
<b>Total Carbohydrate</b>	13.4 g	5.15
Dietary Fibre	1.45 g	5.18
Total Sugar	0 g	0.00
Includes Added Sugar	0 g	0.00
<b>Protein</b>	13.56 g	27.12
Vitamin D	0 mcg	0.00
Calcium	40.3 mg	4.03
Iron	10.82 mg	49.18
Potassium	282 mg	14.10

\*The % Daily Value (DV) tells you how much a nutrient in servings of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



10 KG

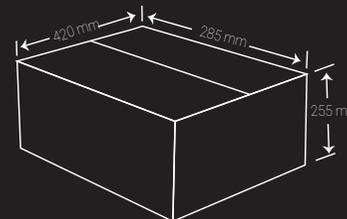
NET WEIGHT

## Cooking Instructions

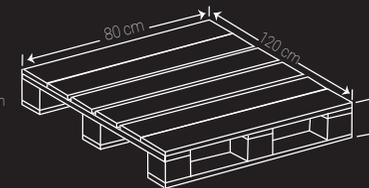


DEEP FRY

In hot oil on medium heat (180°C) for 3-4 minutes or until golden brown.



1 Kg x 10 Packs  
Weight 10 Kg



40Feet Container 64 Carton Per Pallet  
Racking System 34 Carton Per Pallet



# ZING-O- PRAWN

AIR FRYER FRIENDLY

PAR-COOKED

Nutrition Facts		
10 Servings per container		
Serving size 100 g		
Amount per serving		
Calories		191.5
Daily Value %		
Total Fat	10.7g	15.29
Saturated Fat	1.93g	9.65
Trans Fat	0g	0.00
Cholesterol	36.7mg	12.23
Sodium	787.8mg	32.83
Total Carbohydrate	12.5g	4.81
Dietary Fibre	0.17g	0.61
Total Sugar	1.22g	2.44
Includes Added Sugar	0g	0.00
Protein	11.3g	22.6
Vitamin D	0mcg	0.00
Calcium	31.5mg	3.15
Iron	0.41mg	2.93
Potassium	55.5mg	2.78

\* The % Daily Value (DV) tells you how much a nutrient in serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



10 KG

NET WEIGHT

## Cooking Instructions



DEEP FRY

In hot oil on medium heat (180°C) for 2-3 minutes or until golden brown.



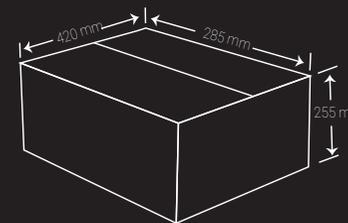
AIR FRY

In a preheated air fryer and let it cook for 8-10 minutes at 180°C.

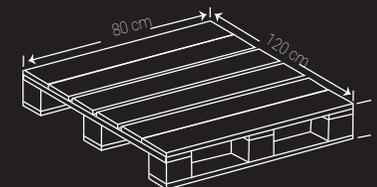


CONVENTIONAL OVEN

Bake in a preheated oven for approximately 6-10 minutes (180°C).



1 Kg x 10 Packs  
Weight 10 Kg



40Foot Container 64 Carton Per Pallet  
Racking System 34 Carton Per Pallet



# HAND COATED BUTTERFLY SHRIMPS

Nutrition Facts		
5 Servings per container Serving size 100g		
Amount per serving		
<b>Calories</b>	<b>131.5 Kcal</b>	
	Daily Value %	
<b>Total Fat</b>	2.64 g	3.77
Saturated Fat	0.45 g	2.25
Trans Fat	0 g	0.00
<b>Cholesterol</b>	27.5 mg	9.17
<b>Sodium</b>	415 mg	17.29
<b>Total Carbohydrate</b>	18.4 g	7.08
Dietary Fibre	0.87 g	3.11
Total Sugar	1.87 g	3.74
Includes Added Sugar	0 g	0.00
<b>Protein</b>	8.54 g	17.08
Vitamin D	1.39 mcg	0.35
Calcium	142.2 mg	14.22
Iron	0.32 mg	1.45
Potassium	42.7 mg	2.14

\* The % Daily Value (DV) tells you how much a nutrient in serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

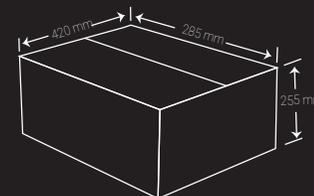


5 KG  
NET WEIGHT

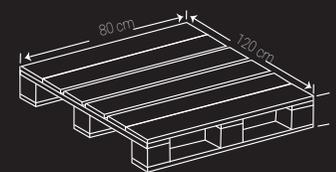
## Cooking Instructions



In hot oil, on medium heat (180°C)  
for 2 to 3 minutes  
or until golden brown color.



1 Kg x 5 Packs  
Weight 5 Kg



40Feet Container 64 Carton Per Pallet  
Racking System 36 Carton Per Pallet



# SHRIMPS - TEMPURA BATTERED

PAR-COOKED

Nutrition Facts		
4.6 Servings per container		
Serving size 100 g		
Amount per serving		
Calories		<b>192KCal</b>
Daily Value %		
Total Fat	9.34g	13.34
Saturated Fat	4.03g	20.15
Trans Fat	0g	0.00
Cholesterol	16.1mg	5.37
Sodium	368.90mg	15.37
Total Carbohydrate	15.2g	5.85
Dietary Fibre	1.2g	4.29
Total Sugar	0.24g	0.48
Includes Added Sugar	0g	0.00
Protein	11.60g	23.20

\* The % Daily Value (DV) tells you how much a nutrient in serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



10 KG

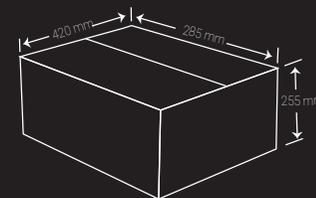
NET WEIGHT

## Cooking Instructions

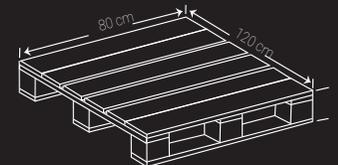


DEEP FRY

In preheated oil (180°C) for about 2-3 minutes or until golden brown.



1 KG x 10 Packs  
Weight 10 Kg



40Foot Container 80/88 Carton Per Pallet  
Racking System 34 Carton Per Pallet



# CRAB & SHRIMPS CAKE

AIR FRYER FRIENDLY  
OVEN FRIENDLY  
BEST WHEN PAN GRILLED

Nutrition Facts		
10 Servings per container		
Serving size 100 g		
Amount per serving		
<b>Calories</b>	<b>212</b>	
	Daily Value %	
<b>Total Fat</b>	15g	21.43
Saturated Fat	2.4g	12.00
Trans Fat	0g	0.00
<b>Cholesterol</b>	129mg	43.00
<b>Sodium</b>	412mg	17.17
<b>Total Carbohydrate</b>	7.1g	2.73
Dietary Fibre	0g	0.00
Total Sugar	0g	0.00
Includes Added Sugar	0g	0.00
<b>Protein</b>	12g	24.00
Vitamin D	0mcg	0.00
Calcium	94mg	9.40
Iron	0.42mg	2.00
Potassium	0mg	0.00

\* The % Daily Value (DV) tells you how much a nutrient in serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



10 KG

NET WEIGHT

## Cooking Instructions



CONVENTIONAL OVEN

In a Preheated grill for 8-9 minutes at 180°C, turning once, brush oil during cooking.



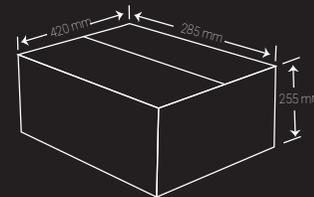
PAN FRY

Preheat the pan and lightly smear oil, place Crab & Shrimps Cakes at medium heat, cook 8-9 minutes by turning sides during cooking.

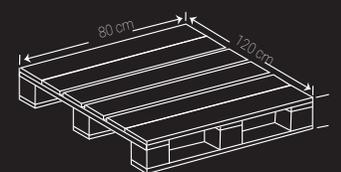


AIR FRY

In a pre-heated air fryer and cook for 13-14 minutes at 200°C



1 Kg x 10 Packs  
Weight 10 Kg



40Foot Container 64 Carton Per Pallet  
Racking System 36 Carton Per Pallet



# PUD - PEELED & UNDEVEINED SHRIMPS - RAW/BLANCHED

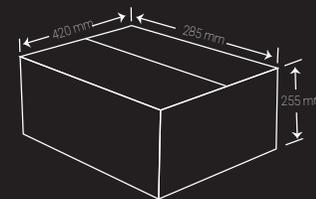
Nutrition Facts		
10 Servings per container		
Serving size 100 g		
Amount per serving		
<b>Calories</b>	<b>68.75Kcal</b>	
	Daily Value %	
<b>Total Fat</b>	1.39g	1.99
Saturated Fat	0.35g	1.75
Trans Fat	0g	0.00
<b>Cholesterol</b>	86.7mg	28.90
<b>Sodium</b>	7.67mg	0.32
<b>Total Carbohydrate</b>	0.71g	0.27
Dietary Fibre	0.24g	0.86
Total Sugar	0.1g	0.20
Includes Added Sugar	0g	0.00
<b>Protein</b>	13.35g	26.70

\*% Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2000 calories a day"

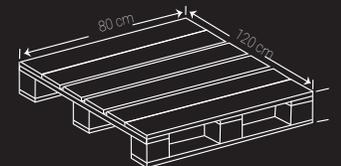


10 KG

NET WEIGHT



1 Kg x 10 Packs  
Weight 10 Kg



40Feet Container 80/88 Carton Per Pallet  
Racking System 48 Carton Per Pallet



## PD - PEELED & DEVEINED SHRIMPS- RAW/BLANCHED

### Nutrition Facts

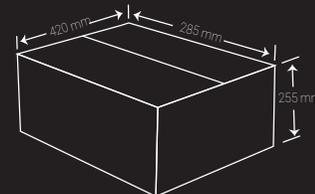
10 Servings per container		
Serving size 100 g		
Amount per serving		
<b>Calories</b>		<b>68.75Kca</b>
Daily Value %		
<b>Total Fat</b>	1.39g	1.99
Saturated Fat	0.35g	1.75
Trans Fat	0g	0.00
<b>Cholesterol</b>	86.7mg	28.90
<b>Sodium</b>	7.67mg	0.32
<b>Total Carbohydrate</b>	0.71g	0.27
Dietary Fibre	0.24g	0.86
Total Sugar	0.1g	0.20
Includes Added Sugar	0g	0.00
<b>Protein</b>	13.35g	26.70

\*% Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2000 calories a day\*

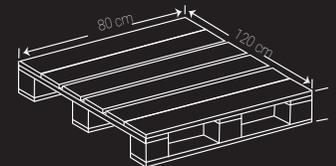


10 KG

NET WEIGHT



1 Kg x 10 Packs  
Weight 10 Kg



40Foot Container 80/88 Carton Per Pallet  
Racking System 45 Carton Per Pallet



## PDTO -PEELED & DEVEINED TAIL ON SHRIMPS

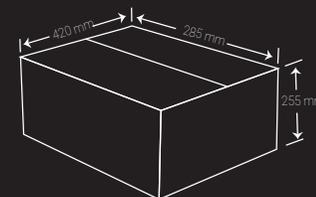
Nutrition Facts		
10 Servings per container		
Serving size 100 g		
Amount per serving		
<b>Calories</b>	<b>68.75Kca</b>	
	Daily Value %	
<b>Total Fat</b>	1.39g	1.99
Saturated Fat	0.35g	1.75
Trans Fat	0g	0.00
<b>Cholesterol</b>	86.7mg	28.90
<b>Sodium</b>	7.67mg	0.32
<b>Total Carbohydrate</b>	0.71g	0.27
Dietary Fibre	0.24g	0.86
Total Sugar	0.1g	0.20
Includes Added Sugar	0g	0.00
<b>Protein</b>	13.35g	26.70

\*% Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2000 calories a day"

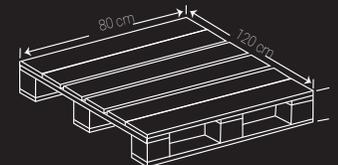


10 KG

NET WEIGHT



1 Kg x 10 Packs  
Weight 10 Kg



40Feet Container 80/88 Carton Per Pallet  
Racking System 48 Carton Per Pallet



# TEMPURA SHRIMPS

Air Fryer & Oven Friendly  
Par Cooked

Nutrition Facts		
10 Servings per container		
Serving size 100 g		
Amount per serving		
<b>Calories</b>	<b>165Kcal</b>	
Daily Value %		
<b>Total Fat</b>	8.90g	12.71
Saturated Fat	4g	20.00
Trans Fat	0g	0.00
<b>Cholesterol</b>	29.2mg	9.73
<b>Sodium</b>	321.75mg	13.41
<b>Total Carbohydrate</b>	11.1g	4.27
Dietary Fibre	1.1g	3.93
Total Sugar	1.66g	3.32
Includes Added Sugar	0.1g	0.20
<b>Protein</b>	10.10g	20.20

\* The % Daily Value (DV) tells you how much a nutrient in serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice



4.6 KG

NET WEIGHT

## Cooking Instructions



DEEP FRY

in hot oil on medium heat at 180°C for 3 to 4 minutes or until golden brown.



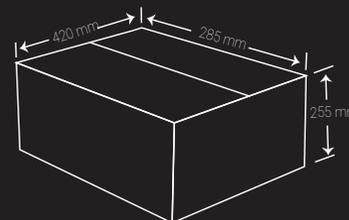
AIR FRY

in a pre-heated Air fryer at 200°C for approx. 7 to 9 minutes.

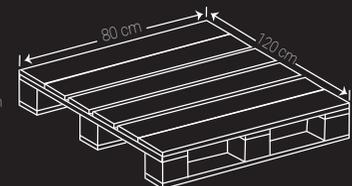


CONVENTIONAL OVEN

in a pre-heated oven at 180°C for approx. 7 to 9 minutes.



230 gM x 20 Packs  
Weight 4.6 Kg



40Feet Container 64 Carton Per Pallet  
Racking System 34 Carton Per Pallet



# TEMPURA BATTERED FISH FILLET

Air Fryer & Oven Friendly  
Par Cooked

Nutrition Facts		
10 Servings per container		
Serving size 100 g		
Amount per serving		
<b>Calories</b>	<b>127KCal</b>	
	Daily Value %	
<b>Total Fat</b>	2.11g	3.01
Saturated Fat	0.51g	2.55
Trans Fat	0g	
<b>Cholesterol</b>	68.5mg	22.83
<b>Sodium</b>	60200mg	25.08
<b>Total Carbohydrate</b>	13.4g	5.15
Dietary Fibre	1.45g	5.18
Total Sugar	0.1g	0.20
Added Sugar	0g	0.00g
<b>Protein</b>	13.56g	27.12

\* The % Daily Value (DV) tells you how much a nutrient in servings of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



10 KG

NET WEIGHT

## Cooking Instructions



DEEP FRY

in hot oil on heat at 180°C for 6 to 8 minutes.



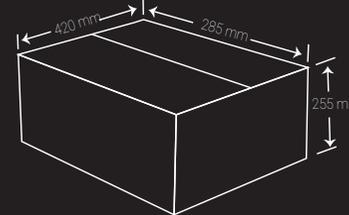
AIR FRY

Air frying 200 degree Celsius 16 to 18 minutes

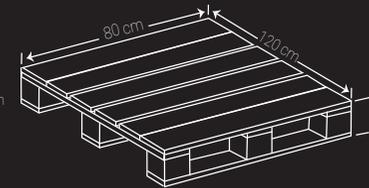


CONVENTIONAL OVEN

In a pre-heated oven at 180°C for approx. 16 to 18 minutes.



1Kg x 10 Packs  
Weight 10 Kg



40Feet Container 64 Carton Per Pallet  
Racking System 34 Carton Per Pallet