



# WHOLE BABY CUTTLEFISH

MF CODE: 6547 | 20 x 500 G | 40/60 PER LB

MF CODE: 6546 | 10 x 1 KG | 40/60 PER LB





## Whole Baby Cuttlefish

- \* Used in various global cuisines
- \* Versatile
- \* Easy & fast to cook
- \* Healthy
- \* Premium quality



### Product Information

| Code | Product               | Pack Size  | Unit         |
|------|-----------------------|------------|--------------|
| 6547 | Whole Baby Cuttlefish | 20 x 500 g | 40/60 per lb |
| 6546 | Whole Baby Cuttlefish | 10 x 1 kg  | 40/60 per lb |

| Code | Inner Barcode | Outer Barcode  | Inner Dimensions (LxWxH) mm | Outer Dimensions (LxWxH) mm |
|------|---------------|----------------|-----------------------------|-----------------------------|
| 6547 | 9414169654751 | 19414169654758 | 185 x 20 x 250              | 400 x 315 x 210             |
| 6546 | 9414169654614 | 19414169654611 | 250 x 30 x 360              | 400 x 310 x 210             |

### Nutrition Information

Servings per pack: Approx. 10  
Serving size: 100 g

|              | Avg Qty per serving | Avg Qty per 100g |
|--------------|---------------------|------------------|
| Energy       | 152 kJ              | 152 kJ           |
| Protein      | 7.3 g               | 7.3 g            |
| Fat, Total   | 0.8 g               | 0.8 g            |
| Saturated    | 0.3 g               | 0.3 g            |
| Carbohydrate | 1.5 g               | 1.5 g            |
| Sugars       | 0.1 g               | 0.1 g            |
| Sodium       | 530 mg              | 530 mg           |

**Ingredients:** Cuttlefish, Salt & Water.  
**Contains:** Shellfish (Cuttlefish).

### Cooking Instructions

|  |             |                      |                         |
|--|-------------|----------------------|-------------------------|
|  | <b>BOIL</b> | Temp.<br><b>High</b> | Time<br><b>3-4 mins</b> |
|--|-------------|----------------------|-------------------------|

Storage: Keep frozen at or below -18°C  
Frozen Shelf Life: 24 Months from production.

Country of Origin: Vietnam

