



This popular meal-time option is made from premium whole scallops breaded with crispy panko crumbs. They are individually quick-frozen making them convenient for the deep fryer, oven or toaster oven. Competitively priced, our gourmet breaded scallops provide a great choice for cafeterias, buffets, food service operators and retailers alike.



Gourmet Breaded Scallops

Preparation

& Handling

- Cook from Frozen
- Deep Fryer:
Fry at 356°F (180°C) for approximately 4 minutes.
- Commercial Combi-Oven:
Set at 450°F (232°C) Convection mode, Medium Fan, 0% humidity. Spread on a pan and cook from frozen for 8-10 minutes. Turn over after 6 minutes for best results.

Menu Serving Ideas

Serve:

- As hors d'oeuvres with a tangy seafood sauce.
- With French Fries or sweet potato fries.
- In a Fish Taco with shredded cabbage, salsa and a lime/lemon cilantro mayo.

Product Details

Product Code	CFD2075
Size	20/30 ct per lb
Case Size	5lbs
Purchasing Unit	5lbs
UPC	0-62763-02075-6
SCC	100-62763-02075-3

Ingredients

Whole scallops, toasted wheat crumbs, flour(wheat,corn), starch(corn), water, dried egg white, salt, xanthan gum, modified hydrogenated vegetable oil,(soya), color(paprika, caramel), spices. Browned in hydrogenated vegetable oil(canola).

Keep Frozen prior to use.

Nutrition Facts Valeur nutritive

Per 6 average pieces (127 g) pour 6 morceaux moyens (127 g)	
Calories 230	%Daily Value *
Fat / Lipides 7 g	9 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 27 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 25 mg	
Sodium 460 mg	20 %
Potassium 300 mg	9 %
Calcium 10 mg	1 %
Iron / Fer 1 mg	6 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**