This popular meal-time option is made from scallop pieces selected for their mild, distinct taste. Crispy panko crumbs and individual quick-freezing make them tops in convenience – ready for deep fryer, oven or toaster oven. At a price geared to today's market, these fine scallops provide a good choice for cafeterias, buffets, universities, food service operators as well as retailers.

Evangeline Breaded Scallops

Nutrition Facts
Valeur nutritive
Serving Size 8 pieces (100 g)
Portion 8 morceaux (100 g)
about 175 pieces Per Container
environ 175 morceaux par contenant

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 220	
Fat / Lipides 10 g	**15** %
Saturated / saturés 1 g + Trans / trans 0.1 g	**6** %
Polyunsaturated / polyinsaturés 2 g	
Omega-6 / oméga-6 2 g	
Omega-3 / oméga-3 0.3 g	
Monounsaturated / monoinsaturés 6 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 550 mg	**23** %
Carbohydrate / Glucides 21 g	**7** %
Fibre / Fibres 0 g	**0** %
Sugars / Sucres 0 g	
Protein / Protéines 13 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Preparation & Handling

- Cook from Frozen
- Deep Fryer:
Fry at 356˚(180˚C) for approximately 4 minutes.
- Conventional Oven:
15-18 minutes at 425˚F , turn after 10 minutes for best results
- Commercial Combi-Oven:
Set at 450˚F (232˚C) Convection mode, Medium Fan, 0% humidity. 8-10 minutes. Turn after 6 minutes

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	CFD2071
Size	30-40 pc per 1 lb
Case Size	2.27 kg
Purchasing Unit	5 lbs
UPC/SCC	0-62763-02071-8 / 100-62763-02071-5

Ingredients

Scallop meat (scallop pieces, whole scallops), toasted wheat crumbs, flour (wheat, corn), starch (corn), water, dried egg white, salt, vegetable oil shortening (soya), browned in vegetable oil (canola), sugar, baking powder, vinegar, xanthan gum, yeast, caramel, spices.

Keep Frozen prior to use.

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