



This popular meal-time option is made from premium Whole Canadian Scallops that are MSC certified sustainable. 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.



Gourmet Breaded Scallops

Preparation

& Handling

- Cook from Frozen
- Deep Fryer: Fry at 356°(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, xantham 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	
Serving Size 5 breaded scallops (91 g) Portion 5 pétoncles panés (91 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 7 g	11 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0.1 g	
Polyunsaturated / polyinsaturés 2 g	
Omega-6 / oméga-6 1.5 g	
Omega-3 / oméga-3 0.6 g	
Monounsaturated / monoinsaturés 4.5 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 500 mg	21 %
Carbohydrate / Glucides 16 g	5 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	
Protein / Protéines 11 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	15 %