



# MSC Cold Water C+P Prawns

**UNIT:** 1 x 1.2kg



## Description

Naturally pink in colour, firm in texture with a meaty taste, with a consistent quality and size Cold water prawns are a great source of protein and low in fat making them a healthy and nutritious delicacy.

Best served as a main ingredient in a recipe or in a meal by itself or defrost and serve ideal for salads, sandwiches, wraps and jackets. Wild caught within a sustainably certified North Atlantic MSC fishery.



## Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

## Specifications

### Nutrition

| Typical Values       | Per 100g/ml       |
|----------------------|-------------------|
| Energy               | 271 kJ<br>65 kcal |
| Fat                  | 0.5 g             |
| - of which saturates | 0 g               |
| Carbohydrates        | 0 g               |
| - of which sugars    | 0 g               |
| Fibre                | g                 |
| Protein              | 16 g              |
| Salt                 | 1.5 g             |

### Allergens

|                          |     |
|--------------------------|-----|
| Contains Cereal          | No  |
| Contains Gluten          | -   |
| Contains Milk            | No  |
| Contains Eggs            | No  |
| Contains Peanuts         | No  |
| Contains Nuts            | No  |
| Contains Crustaceans     | Yes |
| Contains Mustard         | No  |
| Contains Fish            | No  |
| Contains Lupin           | No  |
| Contains Sesame          | No  |
| Contains Celery          | No  |
| Contains Soya            | No  |
| Contains Molluscs        | No  |
| Contains Sulphur Dioxide | No  |

### Dietary Information

|                                               |     |
|-----------------------------------------------|-----|
| Suitable for Vegetarians                      | No  |
| Suitable for Vegans                           | No  |
| Suitable for Sufferers of Lactose Intolerance | Yes |
| Suitable for Coeliacs                         | Yes |
| Approved for a Halal Diet                     | No  |
| Approved for a Kosher Diet                    | No  |

### Ingredients

Prawns, (CRUSTACEAN), Salt

### Directions for Use

This product is ready to eat after defrosting.  
Once defrosted store at 0°C - +5°C and consume within 24 hours.

### Storage Instructions

Store at -18°C or below.

### Packaging

CTIN: 5060392094174

Inner CTIN: 5060392094167

Weight/Volume: 5 x 2kg Frozen Weight (5 x 1.2kg net weight without glaze)

Packaging Type: Polythene Bag

### Country of Origin

Iceland (Trawl caught in North Atlantic Waters FAO 27)

All Allergen and Nutrition information drawn from [www.erudus.com](http://www.erudus.com) on 15/08/2025