



# 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

|                      |     |
|----------------------|-----|
| 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 SO2         | No  |

## Nutrition

| Typical Values       | Per 100g/ml |
|----------------------|-------------|
| Energy               | 271 kJ      |
|                      | 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       |

## Dietary Information

Suitable for Vegetarians

Suitable for Vegans

Suitable for Sufferers of Lactose Intolerance

Suitable for Coeliacs

Approved for a Halal Diet

No

Approved for a Kosher Diet

No

## Ingredients

Prawns, (CRUSTACEAN), Salt

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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

GTIN: 5060392094174  
Inner GTIN: 5060392094167  
Weight/Volume:  
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 10/06/2026