



T3005

## Cuttlefish sauce



### Ingredients

**Cuttlefish** 23%, pulped tomatoes, broth, **squid**, tomato pulp, white wine, sunflower oil, **wheat** starch, extra-virgin olive oil, shallot, garlic, sugar, parsley, pepper, chili pepper.

It may contain: **mustard**, **soy**.

### Average nutritional values per 100 g

Energy kJ 426 – Energy kcal 102 – Fats g 6,9 of which saturated fats g 1,0 – Carbohydrates g 2,5 of which sugars g 2,3 – Fibres g 0,67 – Proteins g 7,1 – Salt g 1,2

### Preparation

To pan cook: **4/5 min**

In the microwave: 750w: **7/8 min**

In bainmarie: **14/15 min**



**3kg ?**

500G X 6 PACKS



**84g**

SERVING



**18**

MONTH AT -18°C

### Data Sheet



**7-10g**

FOR PIECES



**20mm**

LENGTH OF A PIECE



**35mm**

HEIGHT OF A PIECE

