

OCTOPUS carpaccio

READY TO EAT

NO ADDITIVES







OCTOPUS carpaccio

Ingredients: Octopus (Octopus Vulgaris), salt, vinegar

Shelf life 45 days.

READY

TO EAT

Keep refrigerated at temperture 1°C - 5 C After opening, keep refrigerated and consume within 3 days. Suitable for freezing: freeze by date mark shown and use within one month. Defrost thorough before use. Once defrosted (in refrigerator) consume within 24 hours. Defrost thorough before use.

Nutrition Declaration	Per 100g	%RI*
Energy	485kJ/114kcal	3%
Fat	0,8g	<1%
of which saturates	0,4g	< 1%
Carbohydrate	6,3g	1%
of which sugars	< 0,1g	< 1%
Fibre	Og	0%
Proteins	20,5g	21%
Salt	1,27g	11%

* RI (%) Reference Intake of an average adult 8400kJ/2000kcal



NET WT: 100g