

# OCEAN GOLD SHRIMP CROQUETTES

Indulge in the perfect blend of crunch and flavor with our Golden Shrimp Croquettes. These handcrafted bites feature a rich and creamy shrimp filling, seasoned with a delicate mix of spices and herbs to enhance the natural sweetness of the shrimp.

## INGREDIENTS

Shrimp, Potatoes, Coconut milk, Salt, Black pepper, Onion, Smoked paprika, Parsley, Flour, Chili.




Coating: Pre-dusting powder, Batter mix, Panko.

**Allergen Information: Contains Shrimp (Crustacean Shellfish), Wheat**

Nutrition Facts	
1 serving per container	
Serving size	4 oz (113g)
Amount Per Serving	
<b>Calories</b>	<b>183</b>
	% Daily Value *
<b>Total Fat 6.5g</b>	<b>8.3%</b>
Saturated Fat 1.5g	7.5%
Trans Fat 0g	
<b>Cholesterol 65mg</b>	<b>21.6%</b>
<b>Sodium 531mg</b>	<b>23.1%</b>
<b>Total Carbohydrate 1.7g</b>	<b>0.6%</b>
Includes 0g Added Sugars	0.0%
<b>Protein 13g</b>	
Vitamin D 1.1mcg	5.7%
Calcium 27mg	2.1%
Iron 0.3mg	1.6%
Potassium 23.2mg	0.5%
* The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



## COOKING INSTRUCTIONS

-  **PAN FRY:** Preheat a skillet to medium and add a little oil. Cook burgers for 4 to 5 minutes per side, until the shrimp turns opaque and reaches an internal temperature of 165°F (74°C)
-  **CONVENTIONAL OVEN:** Preheat oven to 400°F (200°C). Spray or oil a baking sheet. Place burgers on a sheet and bake on center rack for 7 to 8 minutes per side, until the shrimp turns opaque and reaches an internal temperature of 165°F (74°C). Oven temperatures may vary. Adjust cooking times accordingly.
-  **AIR FRYER:** Preheat the air fryer to 390°F (200°C) for 3 minutes. Spray the bottom of the air fryer basket lightly with oil. Put the shrimp burger in the air fryer basket and spray the burger lightly with oil.

Air fry for 5 minutes. Turn the shrimp over. Air fry for another 5 minutes. At this point the shrimp might be golden and crispy, or it might need another 5 minutes (it depends on your particular air fryer).

*For food safety, quality and thorough cooking, please follow the instructions below. Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to an internal temperature of 165°F (73.89 °C)*