

## 200117C Breaded Cod 140-170g (Yorkshire Golden)



Pack Size: 1 X 24

**Details:** Shaped to replicate a fish fillet - this standard type of product is the industrial standard to give uniform size.

### Allergen Information

**Contains:**

Cereal, Fish, Gluten

**Free from:**

Celery, Crustaceans, Eggs, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

### Handling Information

**Directions For Use:**

Deep fry in hot oil at 180C for approximately 6 - 7 minutes. Cook thoroughly until piping hot throughout.

Oven Bake: Place on a baking tray in a pre-heated oven at 220C/Gas mark 6, for approximately 18 minutes. Cook thoroughly until piping hot throughout.

**Storage Instructions:**

Store frozen product at -18C or colder

Do not re-freeze after thawing

### Product Ingredients

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Cod (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising agent (Ammonium Carbonate).

### Nutritional Information

**Typical Values per 100g/ml:**

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

**Energy:**

205 kcal / 859 kJ

**Fat:**

6.7 g

**of which saturates:**

1.2 g

**Carbohydrates:**

24.5 g

**of which sugars:**

1.4 g

**Fibre:**

1.2 g

**Protein:**

11.5 g

**Salt:**

0.8 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

