



## 200161C Kipper Fillets



Pack Size: 1 X 3KG

**Details:** Frozen, skin-on and bone-in kipper fillets.

### Allergen Information

**Contains:**

Fish

**Free from:**

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

**Suitable for:**

Coeliacs

### Handling Information

**Directions For Use:**

Defrost in a refrigerator overnight or at room temperature for approx. 3 hours, once defrosted do not refreeze and consume within 3 days.

This product must be cooked thoroughly before serving.

These instructions are guidelines only as cooking appliances vary.

**Storage Instructions:**

Keep at -18°C or colder

### Product Ingredients

**Product Ingredients:**

Herring (**FISH**) (98%), Salt, Colour: Curcumin & Paprika.

### Nutritional Information

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

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

**Energy:**

121 kcal / 508 kJ

**Fat:**

4.8 g

**of which saturates:**

2.6 g

**Carbohydrates:**

1.1 g

**of which sugars:**

0.5 g

**Fibre:**

0.3 g

**Protein:**

18.2 g

**Salt:**

1.98 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.

