



200189C Breaded Plaice Goujons (Whitby)



Pack Size: 10 X 450G

Details: Tender, 100% plaice fillet pieces, covered in crisp, golden breadcrumbs. Deep fry for 3-4 minutes.

Allergen Information

Contains:

Cereal, Fish, Gluten

Free from:

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

May contain:

Molluscs, Crustaceans

Handling Information

Directions For Use:

Always cook from frozen. The instructions below are just a guide; do make sure our goujons are piping hot throughout before serving. Once cooled do not reheat

Deep fry: 4 mins

Deep fry from frozen. Preheat the oil to 180C/350F. Cook for approximately 4 mins

Storage Instructions:

Keep in the freezer at -18°C or colder and use by the best before date. Once defrosted do not refreeze.

Product Ingredients

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Plaice (**FISH**) (50%), Breadcrumbs (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Thiamine, Niacin) Rapeseed Oil, Yeast, Salt), Batter (Water, **WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Iron, Thiamine, Niacin), Salt).

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

140 kcal / 593 kJ

Fat:

1.3 g

of which saturates:

0.12 g

Carbohydrates:

22.7 g

of which sugars:

2.5 g

Fibre:

2.1 g

Protein:

10.9 g

Salt:

0.9 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.