



## 200229C Minced Cod Fish Fingers (Youngs)



Pack Size: 60 X 56G

**Details:** Mince cod fish fingers coated in golden crumb.

### Allergen Information

**Contains:**

Cereal, Fish

**Free from:**

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

### Handling Information

**Directions For Use:**

Our products are best oven baked straight from your freezer. Ensure product is piping hot throughout before serving. All appliances vary, these are guidelines only.

**OVEN BAKE**

15 minutes to oven bake - 220C / Fan 190C / Gas Mark 7

**Storage Instructions:**

Store at -18°C below. Do not re-freeze once defrosted

### Product Ingredients

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Minced Cod (58%) (**FISH**), Wheat Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Sunflower Oil, Rapeseed Oil, Palm Oil, Yeast, Salt, Colours: . Capsanthin, Curcumin; Turmeric

Caution! Although extra care has been taken to remove all bones, some may remain

### Nutritional Information

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

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

**Energy:**

193 kcal / 809 kJ

**Fat:**

7.8 g

**of which saturates:**

1.4 g

**Carbohydrates:**

18.3 g

**of which sugars:**

0.7 g

**Fibre:**

1.1 g

**Protein:**

11.8 g

**Salt:**

1.2 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.

