



## 201824C Cod Fillet (skin on) 184-232g



Pack Size: 15X184-232

**Details:** This is a 100% full fish fillet, great texture, good flake appearance, and fantastic taste. Sourced from sustainable fishing grounds - total quality management.

### Allergen Information

**Contains:**

Fish

**Free from:**

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

**Suitable for:**

Coeliacs

### Handling Information

**Directions For Use:**

Cook from frozen: - This is a raw product and must be cooked to a minimum core temperature of 75°C for 30 seconds (or relevant national equivalent).

**Storage Instructions:**

Keep frozen at -18°C or below, do not refreeze after thawing

### Product Ingredients

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Cod (Gadus morhua) (**FISH**)

### Nutritional Information

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

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

**Energy:**

76 kcal / 322 kJ

**Fat:**

0.7 g

**of which saturates:**

0.1 g

**Carbohydrates:**

0 g

**of which sugars:**

0 g

**Fibre:**

0 g

**Protein:**

17.4 g

**Salt:**

0.18 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.