

201900C Breaded Cod 80-110g (Yorkshire Golden)



Pack Size: 1 X 30

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 4 - 5 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 15 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 (50%) (**FISH**), **WHEAT** Flour (with Calcium Carbonate, 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.

