

201903C Breaded Haddock 110-140g (Yorkshire Golden

Pack Size: 1 X 24

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 - 6 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 18 minutes. Cook thoroughly until piping hot throughout.

Storage Instructions:

Store frozen product at -18C or colder Do not re-freeze after thawing

Product Ingredients

Product Ingredients: Haddock (50%) (**FISH**), **WHEAT** Flour (with Calcium, 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:

204 kcal / 856 kJ

Fat: 8.5 g

of which saturates: 0.7 g

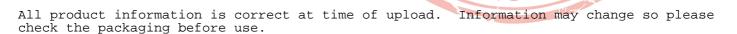
Carbohydrates: 20.3 g

of which sugars: 0.8 g

Fibre: 1.2 g

Protein: 11 g

Salt: 0.9 g



If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.