



## 201913C Minced Cod Fish Fingers (Youngs)



**Pack Size:** 6X60X25G

**Details:** Minced cod fish fingers coated in golden bread crumb.

### Allergen Information

**Contains:**

Cereal, Fish

**Free from:**

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

### Handling Information

**Directions For Use:**

Our Fish Fingers are best oven baked straight from your freezer. Ensure product is piping hot throughout before serving. All appliances vary, these are guidelines only. 12 mins to Oven Bake - 220°C / Fan 200°C / Gas Mark 7  
⚡ Pre-heat the oven.

**Storage Instructions:**

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

### Product Ingredients

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Minced Cod (**FISH**) (58%), Wheat Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Rapeseed Oil, Water, 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:**

203 kcal / 853 kJ

**Fat:**

7.7 g

**of which saturates:**

0.8 g

**Carbohydrates:**

19.5 g

**of which sugars:**

1 g

**Fibre:**

No Data

**Protein:**

13 g

**Salt:**

0.5 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.

