



201975C Cod Fillet (skinless & boneless) 88-112g



Pack Size: 30X88-112G

Details: Premium 100% fish fillet, great texture, good flake appearance, and fantastic taste. Perfect for in-house batter, the closest you can get to a chip shop product.

Allergen Information

Contains:

Fish

Free from:

Cereal, Celery, Sesame, Crustaceans, Eggs, Gluten, 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.

