

## 202279C Battered Cod Fillets 170-200g (Yorkshire G



Pack Size: 1 X 18

**Details:** Formerly called 'Chip Shop Battered Cod'.  
Formed skinless, boneless cod fillet pieces, enrobed in a bubbly batter and flash fried.

### 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: Deep fry in hot oil at 180C for approximately 8 - 10 minutes. Cook thoroughly until piping hot throughout.

OVEN BAKE: Oven Bake: Place on a baking tray in a pre-heated oven at 220C/Gas mark 6, for approximately 20 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, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Maize Starch, **WHEAT** Starch, Raising Agents (Diphosphates, Sodium Bicarbonate, Ammonium Carbonates), Dextrose Monohydrate, Stabilisers (Xanthan Gum, Hydroxypropyl Methyl Cellulose), Yeast Extract,

### Nutritional Information

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

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

**Energy:**

171 kcal / 720 kJ

**Fat:**

6.6 g

**of which saturates:**

1 g

**Carbohydrates:**

17.5 g

**of which sugars:**

0.8 g

**Fibre:**

0.5 g

**Protein:**

10.4 g

**Salt:**

1 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.