



202728C Battered Cod Fillet Goujons (Whitby)



Pack Size: 10 X 450G

Details: Delicious and premium MSC Cod goujons wrapped in a crisp batter.

Allergen Information

Contains:

Cereal, Fish, Gluten

Free from:

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

Suitable for:

Halal

Handling Information

Directions For Use:

For best results, cook from frozen.

Deep fry: remove all packaging. Deep fry in small batches in preheated oil at 180°C for 5-6 minutes. Drain thoroughly.

Oven bake: remove all packaging. Place the product on a lightly greased baking tray

Storage Instructions:

Keep frozen at -18°C or below. Do not refreeze if allowed to thaw.

Product Ingredients

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MSC cod (**FISH**) (50%), rapeseed oil, **WHEAT** flour (with calcium, iron, niacin, thiamin), water, salt, stabiliser (xanthan gum), raising agents (disodium diphosphate, sodium bicarbonate), **WHEAT** starch, potato starch, yeast.

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

226 kcal / 945 kJ

Fat:

12.7 g

of which saturates:

0.9 g

Carbohydrates:

16.9 g

of which sugars:

3.5 g

Fibre:

1.2 g

Protein:

10.5 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.