



205343C Crispy Battered Cod Fillets 170-200g (Pacif



Pack Size: 1 X 20

Details: Natural Atlantic cod fillet in a traditional crispy batter containing beer essence.

Allergen Information

Contains:

Cereal, Fish, Gluten

Free from:

Celery, Sesame, Peanuts, Lupin, Mustard, Nuts, Sulphur Dioxide

May contain:

Milk, Molluscs, Eggs, Crustaceans, Soya

Handling Information

Directions For Use:

Deep Fry. Preheat oil to 180°C. Deep fry frozen fish for 6-8 minutes or until golden brown.

Conventional Oven: Preheat oven to 220°C. Place frozen fish on a pre-heated baking rack and bake for 28-30 minutes or until golden brown, turning over halfway through

Storage Instructions:

Keep Frozen. Store at or below -18°C. Do not refreeze.

Product Ingredients

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Cod (**FISH**) (60%), Coating (40%), (**WHEAT** Flour, Water, Palm Oil, Thickener (E1404), Salt, Raising Agents (E450, E500), Sugar, Rice Flour, Yeast extract, Flavour.)

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

204 kcal / 851 kJ

Fat:

11.2 g

of which saturates:

5.5 g

Carbohydrates:

15.7 g

of which sugars:

5.7 g

Fibre:

1 g

Protein:

9.5 g

Salt:

0.6 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.

