



## 205512S Minced MSC Pollock Fish Fingers (Youngs)



**Pack Size:** 1X60X25G

**Details:** Minced wild Alaskan pollock fish fingers coated in light golden breadcrumbs. MSC certified - from sustainable non-endangered stock.

### Allergen Information

**Contains:**

Cereal, Fish

**Free from:**

Celery, Crustaceans, Eggs, 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

**Storage Instructions:**

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

### Product Ingredients

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Minced Alaska Pollock (**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:**

213 kcal / 894 kJ

**Fat:**

8.3 g

**of which saturates:**

0.9 g

**Carbohydrates:**

21.3 g

**of which sugars:**

1 g

**Fibre:**

No Data

**Protein:**

12.3 g

**Salt:**

0.7 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.

