



205632C Breaded Cod Fillet Goujons (Whitby)



Pack Size: 10 X 450G

Details: 100% cod fillet, cut into chunky strips and coated in a wholesome breadcrumb. The ultimate "posh" fish finger.

Allergen Information

Contains:

Cereal, Fish

Free from:

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

May contain:

Molluscs, Crustaceans

Handling Information

Directions For Use:

Always cook from frozen. The instructions below are just a guide; do make sure our goujons are piping hot throughout before serving. Once cooled do no reheat.

Deep fry: 4½ mins

Deep fry from frozen. Preheat the oil to 180°C/350°F. Cook for 4-4½ mins until

Storage Instructions:

Keep in the freezer at -18°C or colder and use by the best before date. Once defrosted, do not refreeze

Product Ingredients

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Cod (**FISH**) 50%, Breadcrumbs (**WHEAT** Flour [**WHEAT FLOUR**, Calcium, Iron, Niacin, Thiamin], Rapeseed Oil, Yeast, Salt), Batter (Water, **WHEAT** Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Salt, Garlic Powder, Onion Powder, Yeast Extract).

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

150 kcal / 637 kJ

Fat:

0.9 g

of which saturates:

0.1 g

Carbohydrates:

25.8 g

of which sugars:

1.6 g

Fibre:

1.8 g

Protein:

10.7 g

Salt:

0.65 g



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.