

## 205632S Breaded Cod Fillet Goujons (Whitby)



Pack Size: 450G BAG

**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 Product Ingredients:

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

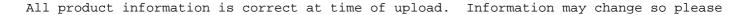
Carbohydrates: 25.8 g

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.