



206008C Cod Fish Fingers (Bird's Eye)



Pack Size: 7X30X30G

Details: Each and every Birds Eye fish finger is irresistibly tasty and full of goodness. These cod fish fingers are made with 100% cod fillet and the delicious light and crispy golden breadcrumb means empty plates are guaranteed!

Allergen Information

Contains:

Cereal, Fish

Free from:

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

Handling Information

Directions For Use:

230°C 12 - 15

Fan 210°C mins Gas Mark 8

Pre-heat the oven.

Place on a baking tray in the top part of the oven. Turn over halfway through cooking.

Storage Instructions:

Store in a freezer at -18°C or cooler

Product Ingredients

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Cod (**FISH**) (58%), Breadcrumb Coating*, Rapeseed Oil, *Breadcrumb Coating (**WHEAT** Flour, Water, Potato Starch, Salt, Paprika, Yeast, Turmeric).

Although great 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:

211 kcal / 883 kJ

Fat:

9 g

of which saturates:

0.6 g

Carbohydrates:

20 g

of which sugars:

0.9 g

Fibre:

0.8 g

Protein:

12 g

Salt:

0.55 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.