

206103C Haddock Fillet (skinless & boneless) 160-1



Pack Size: 18X160-184

Details: This is a skinless and boneless fish fillet, great texture, good flake appearance, and fantastic taste. Sourced from sustainable fishing grounds - total quality management.

Allergen Information

Contains:

Fish

Free from:

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

Suitable for:

Coeliacs

Handling Information

Directions For Use:

Cook from frozen: - This is a raw product and must be cooked to a minimum core temperature of 75°C for 30 seconds (or relevant national equivalent).

Storage Instructions:

Keep frozen at -18°C or below, do not refreeze after thawing

Product Ingredients

Product Ingredients:

Haddock (*Melanogrammus aeglefinus*) (**FISH**)

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

75 kcal / 317 kJ

Fat:

0.4 g

of which saturates:

0.1 g

Carbohydrates:

0 g

of which sugars:

0 g

Fibre:

0 g

Protein:

17.8 g

Salt:

0.17 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.

