



## 206137C Breaded Pollock 80-110g (Three Oceans)



**Pack Size:** 30X80-110G

**Details:** Skinless, boneless pollock fillets enrobed in breadcrumb, flash fried.

### Allergen Information

**Contains:**

Cereal, Fish, Gluten

**Free from:**

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

### Handling Information

**Directions For Use:**

Deep fry in hot oil at 180C for approximately 4 - 6 minutes. Cook thoroughly until piping hot throughout.

Oven Bake: Place on a baking tray in a pre-heated oven at 220C for approximately 18 minutes

**Storage Instructions:**

Store frozen product at -18C or colder

Do not re-freeze after thawing

### Product Ingredients

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Whitefish (**FISH**) (50%), **WHEAT** Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonates).

### Nutritional Information

**Typical Values per 100g/ml:**

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

**Energy:**

196 kcal / 819 kJ

**Fat:**

8.5 g

**of which saturates:**

0.7 g

**Carbohydrates:**

19.9 g

**of which sugars:**

0.7 g

**Fibre:**

1 g

**Protein:**

9.4 g

**Salt:**

0.6 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.