



## 206142C MSC Breaded Fish Goujons (Green Gourmet)



Pack Size: 100 X 30G

**Details:** High quality pollock in a unique, non-fried breadcrumb coating.

### Allergen Information

**Contains:**

Cereal, Fish, Gluten

**Free from:**

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

**Suitable for:**

Lactose Intolerance

### Handling Information

**Directions For Use:**

Cook from frozen on a lined baking tray. Bake for 15-20 minutes (Gas 4/180°C/350°F). As ovens vary, time and temperature may need adjusting. Check product is a minimum of 75°C (or to national standards) before serving. If storing in a hot cupboard, keep covered to prevent drying out.

**Storage Instructions:**

Store below -18°C. Do not refreeze.

**Storage After Opening:**

Keep Frozen

**Shelf Life Once Open:**

0 Days

### Product Ingredients

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Pollock (Theragra chalcogramma) (60%) (**FISH**); Breadcrumb [WHEAT Flour, Water, Yeast, Salt, Spice, Rapeseed Oil, Paprika], Water, Rapeseed oil, Batter [WHEAT Flour, WHEAT Starch, Maize Flour, Salt, Raising Agents (Sodium Bicarbonates and Disodium Diphosphates)],

### Nutritional Information

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

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

**Energy:**

179 kcal / 746 kJ

**Fat:**

5.7 g

**of which saturates:**

0.4 g

**Carbohydrates:**

19.7 g

**of which sugars:**

0.4 g

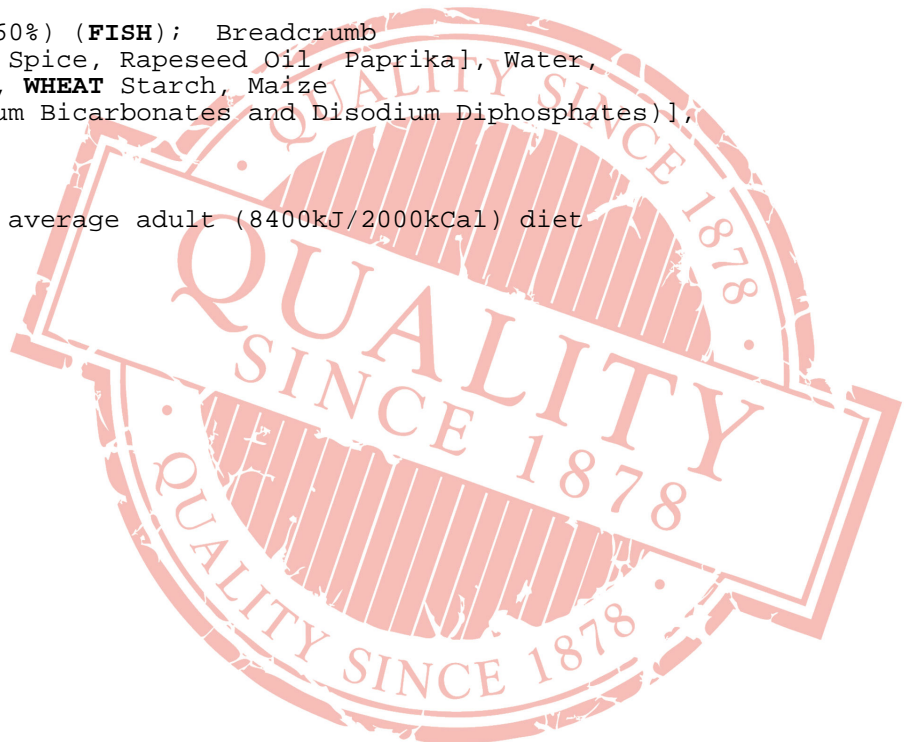
**Fibre:**

1.2 g

**Protein:**

12.1 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.