



206242C MSC Breaded Fish Fillet Fingers (Green Gou



Pack Size: 100 X 30G

Details: Skinless, boneless fish fillet breaded in a tasty gluten free breadcumb.

Allergen Information

Contains:

Fish

Free from:

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

Suitable for:

Coeliacs

Handling Information

Directions For Use:

Cook from frozen on a lined baking tray for around 15-18 minutes (Gas 6/220°C/425°F; less for convection ovens). 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. If allowed to defrost, do not refreeze.

CAUTION: ALTHOUGH CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME BONES MAY REMAIN

Product Ingredients

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Alaskan Pollock (Theragra chalcogramma)(60%) (**FISH**), Rice Flour, Water, Maize Flour, Sunflower Oil, Modified Starch, Stabiliser (Methylcellulose), Dextrose, Vegetable Fibre (Bamboo), Emulsifier (Mono and Diglycerides of Fatty Acids), Salt, Raising Agents (Sodium Carbonates, Potassium and Sodium Diphosphates)

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

232 kcal / 972 kJ

Fat:

9.9 g

of which saturates:

1.1 g

Carbohydrates:

24 g

of which sugars:

0.6 g

Fibre:

0.9 g

Protein:

11.2 g

Salt:

0.3 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.