



206479C Moving Mountains Fish Fingers 30g



Pack Size: 2 X 1.02KG

Details: These flavourful plant-based fish fingers have a succulent flaky texture and are wrapped in crunchy golden breadcrumbs. Serve with chips and peas, in a sandwich or dunked straight into ketchup for a delicious treat. Suitable for vegans.

Allergen Information

Contains:

Cereal, Soya

Free from:

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

Suitable for:

Vegetarians, Vegan

Handling Information

Directions For Use:

Storage: KEEP FROZEN below -18°

Cooking Instructions " For best results cook from frozen:

Equipment " Frying pan, spatula

1. For best results, cook from frozen.

Storage Instructions:

KEEP FROZEN - below -18°C

Product Ingredients

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Ingredients: water, flour (**WHEAT**), vegetable protein (SOY protein concentrate), vegetable oil (sunflower, rapeseed), starch (corn, **WHEAT**, potato, rice), thickeners (methylcellulose, cellulose), natural flavouring, salt, maltodextrin, spice extract, spices.

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

233 kcal / 973 kJ

Fat:

11.9 g

of which saturates:

1.3 g

Carbohydrates:

19.6 g

of which sugars:

0.5 g

Fibre:

3.9 g

Protein:

9.8 g

Salt:

0.9 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.