



206666C Jumbo Cod Fish Fingers (Paramount)



Pack Size: 20 X 120G

Details: MSC cod fillet fingers in tasty gluten free breadcrumbs, flavoured with lemon.

Allergen Information

Contains:

Fish

Free from:

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

Suitable for:

Halal, Coeliacs

Handling Information

Directions For Use:

COOKING GUIDELINES: For best results, cook from frozen.

Deep fry in preheated oil at 180°C for 7 " 9 minutes. Leave to stand for 1 minute before serving.

Grill: preheat grill to medium. Place product on the grill pan and cook for 12 " 14

Storage Instructions:

STORAGE GUIDELINES:

Keep Frozen at -18°C or below. Do not refreeze if allowed to thaw.

Product Ingredients

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INGREDIENTS: msc cod (**FISH**) (63%), water, rice flour, gram flour, potato starch, maize flour, rapeseed oil, salt, maize starch, concentrated lemon juice, thickening agent (E415), dextrose.

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

162 kcal / 679 kJ

Fat:

6.1 g

of which saturates:

0.6 g

Carbohydrates:

14.8 g

of which sugars:

0.1 g

Fibre:

0.6 g

Protein:

12.2 g

Salt:

0.74 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.