



301169C Anchovy Fillets (Cooks & Co)



Pack Size: 10 X 50G

Details: On their own, anchovies are very salty but mixed into sauces, dressings, or pastas they add a wonderful depth of flavour. When cooking with anchovies, tread lightly: Each piece is packed with flavour so a little goes a long way.

Allergen Information

Contains:

Fish

Free from:

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

Suitable for:

Kosher

Handling Information

Directions For Use:

Ready to eat

Storage Instructions:

Store in a cool place. Best kept between 5C and 12C. Once opened, keep refrigerated and consume within 7 days.

Product Ingredients

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Anchovy fillets [Anchovy (**FISH**) - *Engraulis ringens*, salt] (60%), sunflower oil

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

180 kcal / 754 kJ

Fat:

8.1 g

of which saturates:

1.4 g

Carbohydrates:

0.7 g

of which sugars:

0.5 g

Fibre:

No Data

Protein:

26 g

Salt:

14.3 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.