



303777S Anchovy Fillets (Cooks & Co)



Pack Size: 365G TIN

Details: On their own, anchovies can be very salty but mixed into sauces, dressings, or pastas they add a wonderful depth of flavour.

Allergen Information

Contains:

Fish

Free from:

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

Handling Information

Directions For Use:

Ready to eat

Storage Instructions:

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

Product Ingredients

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Anchovy fillets [anchovy (**FISH**) - *Engraulis ringens*, salt] (69%), 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.

