

MSC Minced Cod Fish Fingers

(25g)

UNIT: 1 x 3kg

SSP: £16.45



Description

Fish Fingers made from MSC cod mince, breaded and pre-fried, the Quick frozen.

Can be oven baked or deep fried. Sustainable sourced Fish (MSC).

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Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

Specifications

Nutrition

Typical Values	Per 100g/ml
Energy	851 kJ 203 kcal
Fat	10.1 g
- of which saturates	1.2 g
Carbohydrates	14.6 g
- of which sugars	0.7 g
Fibre	0.8 g
Protein	13.1 g
Salt	0.8 g

Allergens

Contains Cereal	Yes
Contains Gluten	-
Contains Milk	No
Contains Eggs	No
Contains Peanuts	No
Contains Nuts	No
Contains Crustaceans	No
Contains Mustard	No
Contains Fish	Yes
Contains Lupin	No
Contains Sesame	No
Contains Celery	No
Contains Soya	No
Contains Molluscs	May Contain
Contains Sulphur Dioxide	No

Dietary Information

Suitable for Vegetarians	No
Suitable for Vegans	No
Suitable for Sufferers of Lactose Intolerance	No
Suitable for Coeliacs	No
Approved for a Halal Diet	No
Approved for a Kosher Diet	No



Ingredients

Minced COD (61%), WHEAT flour, sunflower oil, water, potato starch, salt, spices, yeast

Directions for Use

Cooking Guidelines: Cook from frozen :

OVEN: Preheat the oven to 220°C / 200°C fan oven. Place the frozen fish fingers on a baking tray lined with baking paper in the upper area of the preheated oven and bake for approx. 13 - 15 minutes until golden brown. Turn the fish fingers after 7-8 minutes.

DEEP FRY: Preheat oil to 170°C and cook for approximately 3 - 5 minutes.

SHALLOW FRY: Heat up sufficient oil in a frying pan, add the desired quantity of Fish fingers and fry at medium heat for approx. 6 - 8 minutes, turning occasionally.

Storage Instructions

Store frozen at -18°C. or below. Do not refreeze once defrosted

Packaging

GTIN: 4024776005775

Inner GTIN:

Weight/Volume: Min Case Weight 3kg

Packaging Type: Polythene Bag

Country of Origin

Poland ()

All Allergen and Nutrition information drawn from www.erudus.com on 26/09/2020