

06427 | Everyday Favourites | 60x25g

Everyday Favourites Breaded Minced Cod Fish Fingers 25g

This Product Is Produced From Prime Minced Cod Carefully Selected From North Atlantic Cod

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Description

Legal Product Name	Par-Fried, Minced Cod Fish Fingers Coated In Light Golden Breadcrumbs
Unique Marketing Statement	This Product Is Produced From Prime Minced Cod Carefully Selected From North Atlantic Cod
Brand Name	Everyday Favourites
Country of Origin	United Kingdom

Ingredients

Ingredients	Minced Cod (<i>Gadus Morhua</i>) (Fish) (58%), Fortified Wheat Flour And Wheat Flour Blend (Fortified Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Wheat Flour), Sunflower Oil, Water, Yeast, Salt, Colours (Capsanthin, Curcumin), Turmeric
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	60
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	859 kJ
Energy (Kilocalories)	205 kcal
	9.1 g
	0.900 g
Carbohydrate	18.7 g
Sugars	3.1 g
Dietary Fibre, Total	1.8 g
Protein, Total	11.2 g
Salt	0.559 g
Sodium	220 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Contains
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	No
Suitable for Vegetarian	No
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Oven From Frozen	Fan assisted - 180°C/350°F - 12 mins. Conventional - 220°C/425°F/ Gas Mark 7 - 12 mins Preheat a baking tray. Place fish fingers onto the baking tray in the center of the oven for time stated above.
Fry From Frozen	Deep Fry - 180°C/350°F - 4 mins Preheat a pan that is one third full of oil. Lower the fish fingers gently into the pan and fry for time stated above. Shallow fry - Medium heat -- 6 mins Preheat 2 tablespoons of oil in a frying pan. Gently place the fish fingers into the pan. Cook for time stated above, turning occasionally.

Packaging

Do you have any packaging environmental claims?	Case contains recycled material and is recyclable
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