

06433 | Everyday Favourites | 60x25g

## Everyday Favourites Breaded Cod Fillet Fish Fingers 25g

This Product Is Produced From Prime Cod Fillets Sourced From The Deep Clear Waters Of The Bearing Sea

Document published: 24 Aug 2020, 01:22:47 PM

**Disclaimer: As we do not manufacture we warrant only that we will transmit accurately product data (ingredient and allergen) as are received by us from the manufacturer/supplier of such product. By accepting product and image information you agree to obtain our written permission before you transmit such product data or images outside your business. You agree to check for updates and refer to the packaging at all times because product data change regularly. You must not alter the product data or images. If despite this you choose to do so we will not be responsible.**



### Description

Legal Product Name	Par-Fried 100% Cod Fillet Coated In Light Golden Breadcrumbs.
Unique Marketing Statement	This Product Is Produced From Prime Cod Fillets Sourced From The Deep Clear Waters Of The Bearing Sea
Brand Name	Everyday Favourites
Country of Origin	United Kingdom

### Ingredients

Ingredients	Cod ( <i>Gadus morhua</i> ) (Fish) (58%), Fortified <b>Wheat</b> Flour and Fortified <b>Wheat</b> Flour Blend ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), <b>Wheat</b> Flour), Sunflower Oil, Water, Potato Starch, Salt, <b>Wheat</b> Starch, Yeast, Colours (Capsanthan, 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)	806 kJ
Energy (Kilocalories)	192 kcal
	7.9 g
	1.000 g
Carbohydrate	17.7 g
Sugars	1.8 g
Dietary Fibre, Total	0.9 g
Protein, Total	12.1 g
Salt	0.798 g
Sodium	314 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	Oven cook: 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 - 4mins. Preheat 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 and cook for time stated above, turning occasionally.
Grill From Frozen	Preheat grill and grill pan under a medium heat. Remove required number of fish cakes from pack and place them onto the base of the hot grill pan. Cook for 8-10 minutes turning occasionally.

## Packaging

Do you have any packaging environmental claims?

Case contains recycled material and is recyclable