

43184 | Havelok | 1Kg

## Haddock Goujons coated in a Lemon and Pepper Breadcrumbs

Document published: 24 Oct 2020, 06:36:49 AM

**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

Brand Name	Havelok
Country of Origin	UK

### Ingredients

Ingredients	Haddock (FISH) (50%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Rapeseed Oil, Water, Natural Lemon Flavouring, Natural Flavourings, Maize Starch, Acidity Regulator (Citric Acid), Pepper, Salt.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	5
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1042 kJ
Energy (Kilocalories)	249 kcal
Fat, Total	13.8 g
Saturated	1 g
Carbohydrate	19.7 g
Sugars	1.5 g
Dietary Fibre, Total	0.9 g
Protein, Total	11.5 g
Salt	0.47 g
Sodium	185.1 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
Reconstitution Instructions	NA
Oven	Oven Bake at 220°C / Gas Mark 7 for approximately 15 Minutes
Oven From Frozen	No
Microwave Instructions	No
Fry	Deep fry in hot oil at 180°C for approximately 4-5 minutes.00
Grill	No
Other	000

## Packaging

Do you have any packaging environmental claims?

Recycled content