

44427 | Paramount | 500g

## Paramount 21 Battered Cod Goujons

Document published: 03 Sep 2020, 02:27:03 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	Paramount
Country of Origin	United Kingdom

### Ingredients

Ingredients	cod (FISH) (50%), coating [water, rapeseed oil, WHEAT flour (with calcium, iron, niacin, thiamin), WHEAT starch, raising agents (E450, E500), salt, yeast, maize starch, stabiliser (E415), MUSTARD flour].
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	4
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	946 kJ
Energy (Kilocalories)	226 kcal
Fat, Total	12.7 g
Saturated	0.9 g
Carbohydrate	16.9 g
Sugars	3.5 g
Dietary Fibre, Total	1.2 g
Protein, Total	10.5 g
Salt	1 g
Sodium	400 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)	Contains
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	Yes
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?	NA
Reconstitution Instructions	NA
Oven	For best results, cook from frozen. Place the product on a lightly greased baking tray and cook in preheated oven at 220°C for 15-18 minutes, turning once halfway through cooking. All cooking appliances vary in performance, these are guidelines only. Always check that the product is piping hot throughout before serving.
Oven From Frozen	NA
Microwave Instructions	NA
Fry	For best results, cook from frozen. Deep fry in small batches in preheated oil at 180°C for 5-6 minutes. Drain thoroughly. All cooking appliances vary in performance, these are guidelines only. Always check that the product is piping hot throughout before serving. NANA
Grill	NA
Other	NANANA

## Packaging

Do you have any packaging environmental claims?	No environmental packaging claim
---	----------------------------------