

60688 | Pier 7 | 1Kg

## MSC Pier 7 Battered Cod Goujons

Battered Cod Goujons 5 x 1kg

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### Description

Legal Product Name	Skinless, Boneless Formed Cod Goujons Coated in a Crispy Batter
Unique Marketing Statement	Battered Cod Goujons 5 x 1kg
Brand Name	Pier 7
Country of Origin	UK

### Ingredients

Ingredients	Cod ( <b>Fish</b> ) (50%), Water, Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Rapeseed Oil, Salt, Raising Agents: Diphosphates, Sodium Carbonates; <b>Wheat</b> Starch, Dextrose, Yeast Extract, Stabiliser: Xanthan Gum.
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)	703 kJ
Energy (Kilocalories)	168 kcal
	7.5 g
	0.8 g
Carbohydrate	15.2 g
Sugars	0.6 g
Dietary Fibre, Total	3 g
Protein, Total	8.4 g
Salt	0.49 g
Sodium	196 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	Oven Bake at 200°C / Gas Mark 6 for approximately 13-15 minutes. Leave to rest for 2 minutes post cook.
Fry	Deep fry in hot oil at 180°C for approximately 4-6 minutes

## Packaging

Do you have any packaging environmental claims?	Recycled content
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