

70158 | N/A | 5-170-200

Cod Fillet 170-200gm Boned Vac Pac 5 Per Pack

Fresh Cod fillets boned

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Description

Legal Product Name	COD: FILLET 170-200GM BONED
Unique Marketing Statement	Fresh Cod fillets boned
Brand Name	N/A
Country of Origin	United Kingdom

Ingredients

Ingredients	100% cod
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)	318 kJ
Energy (Kilocalories)	76 kcal
Fat, Total	0.7 g
Saturated	0 g
Carbohydrate	0 g
Sugars	0 g
Dietary Fibre, Total	0 g
Protein, Total	18.3 g
Salt	0.15 g
Sodium	60 mg

Allergens

Cereals containing Gluten (and products thereof)	Does NOT Contain
Wheat (as an ingredient)	Does NOT Contain
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?	NOT Ready to eat
Oven	Ensure product is fully cooked prior to consumption with core temperature above 72C
Oven From Frozen	Ensure product is fully cooked prior to consumption with core temperature above 72C
Microwave Instructions	No
Fry	Ensure product is fully cooked prior to consumption with core temperature above 72C Ensure product is fully cooked prior to consumption with core temperature above 72C Ensure product is fully cooked prior to consumption with core temperature above 72C
Grill	Ensure product is fully cooked prior to consumption with core temperature above 72C
Other	0 Ensure product is fully cooked prior to consumption with core temperature above 72C Ensure product is fully cooked prior to consumption with core temperature above 72C

Packaging

Do you have any packaging environmental claims?

No environmental packaging claim