

70166 | N/A | 5-60-80g

Mackerel Fillet 60-80gm Vac Pac 5 Per Pack

Fresh Mackerel fillets

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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 | MACKEREL: FILLET 60-80GM |
| Unique Marketing Statement | Fresh Mackerel fillets |
| Brand Name | N/A |
| Country of Origin | United Kingdom |

Ingredients

| | |
|--|---------------|
| Ingredients | 100% Mackerel |
| 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) | 920 kJ |
| Energy (Kilocalories) | 220 kcal |
| Fat, Total | 16.1 g |
| Saturated | 3.3 g |
| Carbohydrate | 0 g |
| Sugars | 0 g |
| Dietary Fibre, Total | 0 g |
| Protein, Total | 18.7 g |
| Salt | 0.16 g |
| Sodium | 63 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