

70171 | N/A | 5-140-170

## Plaice Fillet 140-170gm Vac Pac 5 Per Pack

Fresh Plaice 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	PLAICE: FILLET 140-170GM
Unique Marketing Statement	Fresh Plaice fillets
Brand Name	N/A
Country of Origin	United Kingdom

### Ingredients

Ingredients	100% Plaice
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)	356 kJ
Energy (Kilocalories)	85 kcal
Fat, Total	1.5 g
Saturated	0.5 g
Carbohydrate	0 g
Sugars	0 g
Dietary Fibre, Total	0 g
Protein, Total	19 g
Salt	0.3 g
Sodium	120 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