

72614 | Kingfisher | 10-120g

Sardines in Oil

Sardines in Sunflower Oil. High in Omega 3.

Document published: 10 Oct 2020, 10:19:54 PM

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Description

Unique Marketing Statement	Sardines in Sunflower Oil. High in Omega 3.
Brand Name	Kingfisher
Country of Origin	Morocco

Ingredients

Ingredients	Sardines (Sardina pilchardus) (Fish) (70%), Sunflower Oil, Salt.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	2
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	833 kJ
Energy (Kilocalories)	199 kcal
Fat, Total	12.1 g
Saturated	2 g
Carbohydrate	0.1 g
Sugars	0.1 g
Dietary Fibre, Total	0.5 g
Protein, Total	22.4 g
Salt	0.85 g
Sodium	340 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?	Ready to Eat
Reconstitution Instructions	N/A
Oven	N/A
Oven From Frozen	N/A
Microwave Instructions	N/A
Fry	N/AN/AN/A
Grill	N/A
Other	N/AN/AN/A

Packaging

Do you have any packaging environmental claims?

Recyclable