



Three Oceans MSC Breaded Cod Fillets

Product Information

Product Code	1712
Erudus ID	9d943179c7b44ca09750fc9aba435327
Traded Unit GTIN	5060061300636
Internal GTIN	5060061300636
Supplier Name	Three Oceans Fish Company
Brand	Three Oceans Ltd
Storage	Frozen

Product Description & Ingredients

Product Description	Formed skinless, boneless cod fillet pieces enrobed in breadcrumb and flash fried 24 x 140-170g, perfect for fish and chips.
Erudus Ingredients	Cod (FISH) (50%), WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising agent (Ammonium Carbonate).

Allergens

Celery	No
Cereals Containing Gluten	Yes
Crustacea	No
Eggs	No
Fish	Yes
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No

Soybeans	No
Sulphites	No

Dietary Information

Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan Diet	No
Suitable for a Vegetarian Diet	No
Approved for a Halal Diet	No
Approved for a Kosher Diet	No

Nutritional Information

Energy per 100g (kcal)	205 kcal
Energy per 100g (kJ)	859 kJ
Carbs Per 100g	24.5 g
Carbs of which Sugars per 100g	1.4 g
Fat per 100g	6.7 g
Fat of which Saturates per 100g	1.2 g
Protein per 100g	11.5 g
Fibre per 100g	1.2 g
Salt per 100g	0.8 g

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