



## Three Oceans MSC Battered Cod Fillets

### Product Information

Product Code	1754
Erudus ID	45c911f60f5f492f8207829f9b70fddc
Traded Unit GTIN	5060061301497
Internal GTIN	5060061301497
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 a bubbly batter and flash fried 15 x 230-290g, ideal for larger portions.
Erudus Ingredients	Cod (FISH) (50%), WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Maize Starch, WHEAT Starch, Raising Agents [Diphosphates, Sodium Carbonate, Ammonium Carbonate], Yeast Extract, Stabiliser [Xanthan Gum], Dextrose, Yeast. Sunflower Oil, Sunflower Lecithin.

### 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)	857 kJ
Carbs Per 100g	15.8 g
Carbs of which Sugars per 100g	0.5 g
Fat per 100g	10.7 g
Fat of which Saturates per 100g	1.4 g
Protein per 100g	11 g
Fibre per 100g	0.7 g
Salt per 100g	0.6 g

## Disclaimer:

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