



Three Oceans MSC Breaded Cod Fillets

Product Information

| | |
|------------------|----------------------------------|
| Product Code | 1902 |
| Erudus ID | 20d92bfe31254fcb9685e5c887c5bf40 |
| Traded Unit GTIN | 5060061301244 |
| Internal GTIN | 5060061301244 |
| 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 18 x 170-200g, delicious and convenient. |
| Erudus Ingredients | Cod (FISH) (50%), WHEAT Flour (with Calcium, iron, Niacin, Thiamin), Water, Salt, Rapeseed Oil, Maize Starch, WHEAT Gluten, WHEAT Starch, Yeast, Stabiliser (Hydroxypropyl Methyl Cellulose) |

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 |

Disclaimer:

While we endeavour to ensure the accuracy of all product, pricing, and nutritional data at all times, and that information is provided in good faith, we are not the manufacturers of these products. Consequently, any such information we provide is reliant on the accuracy and completeness of the information given to us by our suppliers.

We do not, therefore, accept liability for any inaccuracies or incorrect product information contained on this site and cannot be held responsible for any inaccuracies or omissions in this information.

From time to time, recipes and/or formulations of products supplied to us by our suppliers may change, and the information we provide may be inaccurate for a period until we are notified by the supplier of these changes and can update the product information on this site. **We therefore recommend that you check the product packaging carefully before using or consuming any products, rather than relying solely on the information provided by us on this site.** Please also see our terms and conditions.