



MSC Cod Fillets, Skinless & Boneless (160-184g)

Product Information

Product Code	1912
Erudus ID	4c7edf48a31140ffa3fa2e47516ead40
Traded Unit GTIN	5056035200644
Internal GTIN	
Supplier Name	Alimex Seafood A/S
Brand	Alimex Seafood
Storage	Frozen

Product Description & Ingredients

Product Description	Cod has a low-fat and delicately flaky flesh, and is perfect for pan-frying to serve centre of plate, or deep-frying for traditional fish and chips with it's tender-firm coat. This delicate fish is skinless and boneless and therefore quick and easy for everyday cooking.
Erudus Ingredients	Cod (Gadus morhua) (FISH)

Allergens

Celery	No
Cereals Containing Gluten	No
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	Yes
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)	76 kcal
Energy per 100g (kJ)	322 kJ
Carbs Per 100g	0 g
Carbs of which Sugars per 100g	0 g
Fat per 100g	0.7 g
Fat of which Saturates per 100g	0.1 g
Protein per 100g	17.4 g
Fibre per 100g	0 g
Salt per 100g	0.18 g

Disclaimer:

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