

Changed Mar 19, 2024 10:55

Reviewed Mar 19, 2024 10:55

Erudus ID cdf255197241417e8448856ff8de6140

Version 2.0

Status Published

MSC Breaded Pollock Fillets

Skinless, Boneless Formed Pollock Fillets Coated In Breadcrumbs, Flash Fried 60x1

PRODUCT DESCRIPTION

Skinless, boneless Pollock fillets coated in breadcrumbs, flash fried 60 x 50-70g

Brand	Three Oceans Fish Company
Manufacturer Product Code	MSC MBRAF2
Product Type	Food
Product Category	Fish - Breaded/Coated
Storage Type	Frozen
Erudus ID	cdf255197241417e8448856ff8de6140
Specification Type	Fish and Seafood
Outer Case GTIN	5060061301343



INGREDIENTS

Ingredient Declaration

Pollock (**FISH**) (50%), **WHEAT** Flour (with Calcium Carbonate, iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising Agent (Ammonium Carbonate).

ALLERGENS

Product Contains:

Celery/Celeriac	No	Mustard	No
Cereals Containing Gluten	Yes	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	Yes	Hazelnuts	No
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	Yes	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	No	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	No

Additional Allergen Information

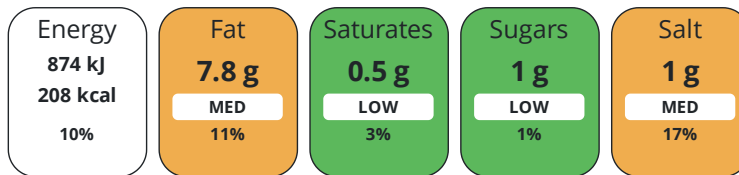
Allergens in the ingredient declaration are shown in BOLD CAPITALS

DIET SUITABILITY

Halal Diet	No	Kosher Diet	No
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NUTRITIONAL
INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 208kcal / 874kJ

Nutrient	per 100g	RI per 100g	per 60g serving	RI per 60g serving
Energy (kJ)	874 kJ	10%	524.4 kJ	6%
Energy (kcal)	208 kcal	10%	124.8 kcal	6%
Fat	7.8 g	11%	4.7 g	7%
of which Saturates	0.5 g	3%	0.3 g	2%
of which Mono-unsaturates	0 g		-	
of which Polyunsaturates	0 g		-	
Carbohydrate	23 g	9%	13.8 g	5%
of which Sugars	1 g	1%	0.6 g	1%
Fibre	1.2 g		0.7 g	
Protein	11.5 g	23%	6.9 g	14%
Salt	1 g	17%	0.6 g	10%
Sodium	390 mg		234 mg	
Serving Size	60 g			
Number of Servings	60 Servings			

HANDLING &
STORAGE
INFORMATION

Directions For Use

Oven from frozen: Place on a baking tray in a pre-heated oven at 200°C / Gas mark 6 for approximately 18 minutes. Deep fry from frozen: Deep fry in hot oil at 180°C for approximately 3 - 5 minutes. This is a raw product and must be cooked to a minimum temperature of 75°C for 30 seconds or equivalent.

Storage Instructions

Store frozen product at -18C or colder. Do not re-freeze after thawing.

ORIGIN

Product Country of Origin	United Kingdom
Origin of the Primary Ingredient	
Catch Method	Bottom Trawl, Midwater Trawl
Catch Zone	
Fish Species	Pollack / Pollock - Theragra chalcogramma

SAFETY &
WARNINGS

CONTACT
INFORMATION

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