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# Whitby Seafoods MSC Battered Cod Fillet Goujons 10\*450g

Whitby Msc Battered Cod Goujons 10x450g

## PRODUCT DESCRIPTION

Delicious and premium MSC Cod goujons wrapped in a crisp batter

Manufacturer Product Code	4041B
Product Type	Food
Product Category	Fish - Breaded/Coated
Storage Type	Frozen
Erudus ID	0a38032a3a374f8a8d97afe57dde0e4a
Specification Type	Fish and Seafood



Inner Component GTIN	5016316040413
Outer Case GTIN	05016316940416



## INGREDIENTS

### Ingredient Declaration

Cod (FISH) (45%), WHEAT flour [WHEAT flour, calcium, niacin (B3), iron, folic acid, thiamin (B1)], water, rapeseed oil, salt, WHEAT starch.

## 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	May Contain	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	Yes	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	May Contain	Peanuts	No
Molluscs	May Contain	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	No

*Risk Source:*

<b>Crustacea (Risk Source)</b>	Factory	<b>Milk (Risk Source)</b>	Factory
<b>Molluscs (Risk Source)</b>	Factory		

**Allergen Statement On Pack**

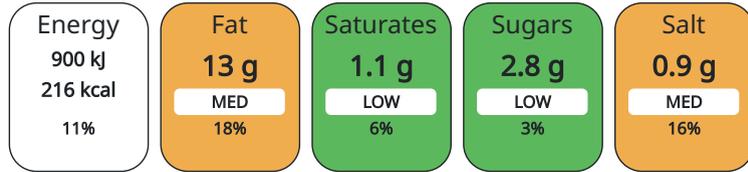
For allergens, including cereals containing GLUTEN, see ingredients in BOLD. May also contain MILK, MOLLUSCS and CRUSTACEANS

DIET SUITABILITY

<b>Halal Diet</b>	No	<b>Kosher Diet</b>	No
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NUTRITIONAL INFORMATION AS SOLD

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 216kcal / 900kJ

Nutrient	per 100g	RI per 100g
Energy (kJ)	900 kJ	11%
Energy (kcal)	216 kcal	11%
Fat	12.5 g	18%
of which Saturates	1.1 g	6%
Carbohydrate	15.2 g	6%
of which Sugars	2.8 g	3%
Fibre	1.8 g	
Protein	9.7 g	19%
Salt	0.94 g	16%

Source of Nutritional Information      Manufacturers analysis

HANDLING & STORAGE INFORMATION

**Directions For Use**

Always cook from frozen. The instructions below are just a guide; do make sure our [product] is piping hot throughout before serving. Once cooled, please do not reheat. Deep fry from frozen Pre heat oil to 180 °C/350°F. Cook for approximately 4-5 minutes until crisp and golden

**Storage Instructions**

Keep in the freezer at -18°C or colder and use by the best before date. If defrosted do not refreeze.

ORIGIN

<b>Product Country of Origin</b>	United Kingdom
<b>Origin of the Primary Ingredient</b>	United Kingdom
<b>Production Method</b>	Caught at Sea

CONTACT  
INFORMATION

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