



## Three Oceans Battercrisp Cod Goujons 16-28g (1x2kg)

### Additional Information

Product Code	986918
Product Description	Skinless, boneless cod fillet strips coated in crispy batter and flash fried. Marine Stewardship Council certified. Catch Area FAO 27, North East Atlantic. Goujon weight: 16-28g. Approximately 71-125 goujons per 2kg pack.
Height (mm)	94.0000
Length (mm)	242.0000
Width (mm)	338.0000
Outer EAN 1	5060061303743
Storage Type	Frozen
Brand	Three Oceans fish

### Ingredients

Ingredients	Cod (50%) (Fish), Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Maize Starch, Wheat Starch, Raising Agents (Diphosphates, Sodium Bicarbonate, Ammonium Carbonate), Yeast Extract, Stabiliser (Xanthan Gum), Dextrose, Yeast, Sunflower Oil, Sunflower Lecithin
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## Dietary Information

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Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	No
Suitable for a Vegan Diet	No
Suitable for a Vegetarian Diet	No

## Allergens

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Celery	No
Gluten	Yes
Crustacea	No
Egg	No
Fish	Yes
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
SOYA	No
Sulphites	No

## Nutritional Information

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Carbohydrate Per 100g (g)	15.8 g
Carbohydrate of which Sugars per 100g (g)	0.5 g
Fat per 100g (g)	10.7 g
Fat of which Saturates per 100g (g)	1.4 g
Fibre per 100g	0.7 g
Energy per 100g (kcal)	205 kcal
Energy per 100g (kJ)	857 kJ
Protein per 100g (g)	11 g
Salt per 100g (g)	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 and any such information we provide is therefore reliant on the accuracy and completeness of information provided 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 set out in this information.

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