



Three Oceans Panko Crumb Cod Goujons 32-50g (1x2kg)

Additional Information

Product Code	903652
Product Description	Skinless, boneless cod fillet strips in a panko breadcrumb coating and flash-fried. Product Size 32-50g. Product Dimensions Length more than 100mm. Marine Stewardship Council Certified. Catch Area. FAO 27, North East Atlantic
Height (mm)	88.0000
Length (mm)	342.0000
Width (mm)	240.0000
Outer EAN 1	5060061303750
Storage Type	Frozen
Brand	Three Oceans fish

Ingredients

Ingredients	Cod (50%) (Fish), Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Dextrose, Raising agents (Ammonium Carbonate).
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Dietary Information

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

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

Carbohydrate Per 100g (g)	19 g
Carbohydrate of which Sugars per 100g (g)	0.7 g
Fat per 100g (g)	9.2 g
Fat of which Saturates per 100g (g)	0.8 g
Fibre per 100g	1.1 g
Energy per 100g (kcal)	207 kcal
Energy per 100g (kJ)	866 kJ
Protein per 100g (g)	11.4 g
Salt per 100g (g)	0.9 g

Disclaimer:

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