



Fastnet Fish Hake Fillets Frozen At Sea FC 6-9oz (2x5kg)

Additional Information

Product Code	991000
Product Description	Hake Fillets Frozen At Sea 6-9oz (2x5kg). Net weight 10kg. Skinless, boneless. Neatly frozen fillets, no visible defect. No glaze. Plate Frozen at Sea. Marine Stewardship Council Certified. Catch Area: South East Atlantic FAO 47. Catch method Bottom Otter Trawl (OTB)
Height (mm)	140.0000
Length (mm)	266.0000
Width (mm)	372.0000
Outer EAN 1	0
Storage Type	Frozen
Brand	Fastnet Fish

Ingredients

Ingredients	MSC Hake (Merluccius capensis or Merluccius paradoxus) (Fish)
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Dietary Information

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

Allergens

Celery	No
Gluten	No
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)	0
Carbohydrate of which Sugars per 100g (g)	0
Fat per 100g (g)	2.2
Fat of which Saturates per 100g (g)	0.3
Fibre per 100g	0
Energy per 100g (kcal)	92
Energy per 100g (kJ)	387
Protein per 100g (g)	18
Salt per 100g (g)	0.3

Disclaimer:

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