



Fastnet Fish IQF Atlantic Boneless Cod Fillets 158-181g (1x3.63kg)

Additional Information

Product Code	946852
Product Description	7-8oz Atlantic Cod IQF Fillets. Skinless Boneless. Catch Area and FAO No: FAO No 21. Catch/Harvest Method: Trawl/Line or Seine Caught. Production Method: IQF. Weight Range: 7-8oz 20% Glaze (198-227gm). (Net of Glaze 158-181g). Approx 19-22 fillets
Height (mm)	404.0000
Length (mm)	128.0000
Width (mm)	274.0000
Outer EAN 1	0
Storage Type	Frozen
Brand	Fastnet Fish

Ingredients

Ingredients	Atlantic Cod (Gadus Morhua) (Fish)
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Dietary Information

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)	0.6
Fat of which Saturates per 100g (g)	<0.1
Fibre per 100g	0
Energy per 100g (kcal)	77
Energy per 100g (kj)	321
Protein per 100g (g)	18
Salt per 100g (g)	0.19

Disclaimer:

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