



PRODUCT DETAIL SHEET

TITLE	Chip Shop Jumbo Battered Cod Fillet Finger
DESCRIPTION	Double sized prime fillet Cod Fish Finger in a unique chip shop batter
NET WEIGHT	2520g x 36
PRODUCT CODE	06105

INGREDIENTS LIST

Cod Fillet (with 10% Minced Cod fillet, added Water) (52%), Coating (Wheat Flour, Water, Wheat Starch, Salt, Flavourings (contain Mustard), Vegetable Oil, Mustard Powder, Maize Flour, Raising Agents: Disodium Diphosphate, Sodium Bicarbonate; Dextrose, Skimmed Milk Powder, Chilli Powder, Colours: Curcumin, Paprika Extract), Vegetable Oil

Allergy Advice:

Contains Fish, Gluten, Milk, Mustard, Wheat

Hazard Warnings:

Although every care has been taken to remove all bones, some bones may remain

Other Claims:

Free from Barley, Celery, Crustacean, Egg, Lupin, Oats, Molluscs, Nuts - Almond, Hazelnut, Walnut, Cashew, Pecan, Brazil, Pistachio, Macadamia and Queensland nut, Peanuts, Rye, Sesame Seeds, Soya, Sulphites

Free from colours, flavours and preservatives

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	AS SOLD PER 100g
Energy (Kcal)	215
Energy (KJ)	896
Alcohol (g)	0.00
Moisture (g)	53.80
Protein (g)	10.20
Fat (g)	13.3
Available Carbohydrate (g)	13.3
Carbohydrate of which Starch (g)	13.3
Carbohydrate of which Sugars (g)	Trace
Glucose (g)	Trace



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Fructose (g)	Trace
Sucrose (g)	Trace
Maltose (g)	Trace
Lactose (g)	0.00
Lactose (g)	2.4
Fat of which Saturates (g)	5.30
Fat of which Mono-unsaturates (g)	4.60
Fat of which Polyunsaturates (g)	Nil
Fat of which Trans (g)	32.00
Fat of which Cholesterol (mg)	260.00
Potassium (mg)	0.397
Potassium (g)	0.6
Sodium (in grams) (g)	1.01
Fibre (g)	
Salt (g)	

COOKING INSTRUCTIONS – for best results cook from frozen

All cooking appliances vary. The following is a guideline only

COOKING GUIDELINES: Cook From Frozen

All cooking appliances vary, the following is a guideline.

GRILL: Brush with a little oil and place under a grill pre-heated to a medium setting for approximately 10 minutes, turning occasionally.

DEEP FRY: Lower gently into a pan only one third full of fat or oil pre-heated to 190C/375F and fry for approximately 6 minutes.

OVEN BAKE: Place on a wire rack over baking tray and cook on top half of preheated oven (230C/450F, gas mark 8) for 20 minutes, turning occasionally.

CHECK FOOD IS PIPING HOT BEFORE SERVING.