



## Product Code 7155

Weight per item 30g +/-3g  
 Items per box 100 approx  
 Weight per box 3.00kg net  
 Pallet Stacking 11 layers of 17  
 Produced in HOLLAND  
 Specification Date 31 Dec 2017

# MSC Breaded Fish Fillet Finger 30g

MSC fish fillet fingers in a non-fried orange breadcrumb coating. Fish is MSC Wild Alaskan Pollock.

### Ingredients:

Pollock (60%)(**fish**); Breadcrumb [**wheat** flour, yeast, salt, spice, modified maize starch, rapeseed oil, paprika]; Water; Batter [**wheat** flour, **wheat** starch, maize flour, salt, raising agents (E450-i, E500-ii)]; Rapeseed oil; Burnt Sugar; Vegetable Fibre; **Wheat Protein**; Colour (paprika extract); Lemon juice; Stabiliser [methylcellulose]; Emulsifier (E476)

Allergen advice: For allergens, including cereals containing gluten, see ingredients in **bold**.

CAUTION: ALTHOUGH CARE HAS BEEN TAKEN TO REMOVE ALL BONES, SOME BONES MAY REMAIN.

### Cooking Instructions:

Cook from frozen on a lined baking tray for 15-18 minutes (Gas 4/180°C/350°F). As ovens vary, time and temperature may need adjusting. To ensure product is fully cooked, check product is a minimum of 75°C (or to national standards). If storing in a hot cupboard, keep covered to prevent drying out.

### Distributor Product Codes

Please contact Green Gourmet for your distributor's code for this product.

**Storage Instructions:** Store below -18C. Do not refreeze.

**Shelf Life:** 18 months from manufacture

## Nutritional information

(Typical values per 100g as served)

Energy kJ\100g	777.0
Energy kcal\100g	185.0
Fat g\100g	5.7
Saturated Fat g\100g	0.4
Mono-unsaturated Fat g\100g	2.9
Polyunsaturated Fat g\100g	1.7
Carbohydrate g\100g	20.5
Sugars g\100g	0.1
Fibre g\100g	0.3
Protein g\100g	13.8
Salt g\100g	0.63
Sodium g\100g	0.25
Iron mg\100g	0.7
Zinc mg\100g	0.5
Calcium mg\100g	39.9
Vitamin A microgrms\100g	0.0
Vitamin C mg\100g	0.1
Folates microgrms\100g	7.5



MSC-C-50204

