



Serving suggestion



**Product Code 71109**

Weight per item: 60g approx  
 Items per box: 50 approx  
 Weight per box: 3kg  
 Pallet Stacking: 11 layers of 17  
 Produced in Holland  
 Date of issue: 16/04/2020

**MSC Battered Cod Fillet 60g**

MSC Certified Cod formed for portion control and consistency. In a unique crispy batter. Made from prime quality cod with a Marine Conservation Society Sustainability Rating of 2.

**Ingredients:**

Cod (50%)(FISH), WHEAT Flour, Sunflower Oil, Water, WHEAT Starch, Roux Mix (WHEAT Flour, Palm Oil), Salt, Maize Flour, Citric Fibre, Raising Agents: Diphosphates, Sodium Bicarbonate; Dextrose, WHEAT Gluten, Spices.

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

Allergen advice: For Allergens, see ingredients in CAPITALS.

**Recommended Cooking Instructions:**

Cook from frozen on a lined baking tray for around 18-20 minutes (Gas 6/200°C/400°F; less for convection ovens). Check product is a minimum of 75°C (or to national standards) before serving. 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:**

Keep frozen at -18°C. If allowed to defrost, do not refreeze.

**Shelf Life:**

18 months from manufacture

**Nutritional Information**

(typical values grams/100g as sold)

Energy KJ/100g	844.0
Energy Kcal/100g	202.0
Fat g/100g	10.1
of which saturated fat g/100g	1.3
Carbohydrate g/100g	17.5
of which sugars g/100g	0.6
Fibre g/100g	1.3
Protein g/100g	9.6
Salt g/100g	0.5



If you have any queries, please contact: [customerfeedback@greengourmet.co.uk](mailto:customerfeedback@greengourmet.co.uk)