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Erudus ID a23115fdd08f425f909669c9983fe9c5

Version 1.0

330025

Young's 60 Cod Fish Fingers MSC

Fish Fingers 6x1.5kg

PRODUCT DESCRIPTION

Minced Cod Fish Fingers Coated in Golden Breadcrumbs. Legal: Minced Cod Fish Fingers In Breadcrumbs.

Brand	Youngs Seafood Ltd
Manufacturer Product Code	13051
Product Type	Food
Product Category	Seafood - Fish
Storage Type	Frozen
Erudus ID	a23115fdd08f425f909669c9983fe9c5
Specification Type	Legacy
Inner Component GTIN	5000205036144
Outer Case GTIN	05000205539652



INGREDIENTS

Ingredient Declaration

Minced Cod (**FISH**) (58%), Wheat Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Rapeseed Oil, Water, Yeast, Salt, Colours:.. Capsanthin, Curcumin; Turmeric

Caution! Although extra care has been taken to remove all bones, some may remain

ALLERGENS

Product Contains:

Celery/Celериac	No	Mustard	No
Cereals Containing Gluten	Yes	Nuts (Tree)	No
Barley	No	Almond nuts	No
Oats	No	Brazil nuts	No
Rye	No	Cashew nuts	No
Wheat (including Spelt and Khorasan)	Yes	Hazelnuts	No
Crustacea	No	Macadamia (Queensland) nuts	No
Eggs	No	Pecan nuts	No
Fish	Yes	Pistachio nuts	No
Lupin	No	Walnuts	No
Milk	No	Peanuts	No
Molluscs	No	Sesame Seeds	No
		Soybeans	No
		Sulphur Dioxide and Sulphites	No

Additional Allergen Information

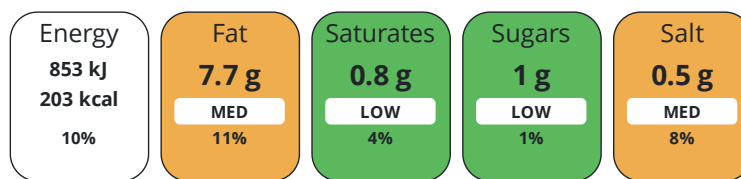
Allergy Advice! For allergens, including cereals containing gluten, see ingredients in bold. Suitable for Sufferers of Lactose Intolerance : No specific free from tests are carried out on this product. Product by nature does not contain lactose though.

DIET
SUITABILITY

Suitable for Coeliacs	No	Halal Diet	No
Kosher Diet	No	Vegetarian Diet	No
Vegan Diet	No		

NUTRITIONAL
INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 203kcal / 853kj

Nutrient	per 100g/ml	RI per 100g/ml	per 20g/ml serving	RI per 20g/ml serving
Energy (kJ)	853 kJ	10%	170.6 kJ	2%
Energy (kcal)	203 kcal	10%	40.6 kcal	2%
Fat	7.7 g	11%	1.5 g	2%
of which Saturates	0.8 g	4%	0.2 g	1%
Carbohydrate	19.5 g	8%	3.9 g	2%
of which Sugars	1 g	1%	0.2 g	0%
Protein	13 g	26%	2.6 g	5%
Salt	0.5 g	8%	0.1 g	2%

Serving Size 20 g

HANDLING &
STORAGE
INFORMATION

Directions For Use

Our Fish Fingers are best oven baked straight from your freezer. Ensure product is piping hot throughout before serving. All appliances vary, these are guidelines only. 12 mins to Oven Bake - 220°C / Fan 200°C / Gas Mark 7 • Pre-heat the oven. • Remove all packaging. • Place the fish fingers on a baking tray in the centre of the oven and cook for 12 minutes, turn occasionally. 10 mins to Grill – medium heat • Pre-heat the grill pan on a medium heat setting. • Remove all packaging. • Place the fish fingers on to the base of the grill pan and cook for 10 minutes, turn occasionally. 3-4 mins to Deep Fry – 180°C • Pre-heat the oil. • Remove all packaging. • Gently lower the fish fingers into the hot oil and cook for 3-4 minutes. Drain well after cooking. 6 mins to Pan Fry – medium heat • Heat a tablespoon (15ml) of oil in a frying pan over a medium heat. • Remove all packaging. • Gently add the fish fingers to the pan and cook for 6 minutes, turn occasionally.

Storage Instructions

Store at -18°C or below. Do not re-freeze once defrosted

ORIGIN

Product Country of Origin/Place of United Kingdom

Provenance

Additional Origin Details

Made in the UK with Cod caught in the North East Atlantic.

CONTACT
INFORMATION

Address

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Grimsby
DN31 3XN
England

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