



Country Range Battered Cod Fillets 18 x 170 - 200 g

Ingredients & Allergens

Country of Origin: United Kingdom

Ingredients: Cod (FISH) (50%), Water, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Rapeseed Oil, Salt, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), WHEAT Starch, Dextrose, Yeast Extract, Stabiliser (Xanthan Gum).

Nutrition - Typical per 100g

Energy	703 / 168
Fat	7.5
Saturates	0.8
Carbohydrates	15.2
Sugars	0.6
Fibre	3
Protein	8.4
Salt	0.49

Dietary

Suitability

Vegetarian	no
Vegan	no
Halal Diet	no
Kosher Diet	no

Contains

Cereals	yes
Gluten	-
Milk	no
Egg	no
Peanuts	no
Brazil Nut	no
Crustaceans	no
Mustard	no
Fish	yes
Lupin	no
Sesame	no
Celery	no
Soya	no
Molluscs	no
Sulphur Dioxide	no

Handling & Cooking

Directions for Use

Cook from frozen. Deep fry: Deep fry in hot oil at 180 °C for approximately 6 - 7 minutes. Oven: Bake at 220 °C / Gas Mark 7 for approximately 17 minutes. This is a raw product. Please ensure product is cooked thoroughly until piping hot throughout.

Storage Instructions

Store frozen at -18 °C or colder.

Packaging

Primary packaging type

-

Primary packaging dimensions

-

Inner Unit Length in (mm)

584.0000

Inner Unit Height in (mm)

381.0000

Inner Unit Width in (mm)

711.0000

Outer Unit Length in (mm)

377.0000

Outer Unit Height in (mm)

86.0000

Outer Unit Width in (mm)

236.0000

Disclaimer:

Disclaimer: All information is subject to change without notice. Our product details, including but not limited to, product names, descriptions, specifications and images, is not intended to constitute the full legal description of the products, and does not necessarily include all information. Country Range may change product specifications or information at any time and such amendments may not be updated online immediately. For full and up-to-date details including allergens, please refer to the product packaging.