

# Breaded MSC Cod Fillets 140 - 170g 24 piece pack count

Breaded Cod

## PRODUCT DESCRIPTION

Formed skinless, boneless cod fillet pieces coated in breadcrumb, flash fried 24 x 140-170g

<b>Brand</b>	Yorkshire Golden
<b>Manufacturer Product Code</b>	MBRC05
<b>Product Type</b>	Food
<b>Product Category</b>	Fish - Breaded/Coated
<b>Storage Type</b>	Frozen
<b>Erudus ID</b>	9d943179c7b44ca09750fc9aba435327
<b>Specification Type</b>	Fish and Seafood



<b>Inner Component GTIN</b>	5060061300636
<b>Outer Case GTIN</b>	5060061300636



## INGREDIENTS

### Ingredient Declaration

Cod (FISH) (50%), WHEAT Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Maize Starch, Salt, Yeast, Raising agent (Ammonium Carbonate).

## ALLERGENS

Product Contains:

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

### Additional Allergen Information

Allergens in ingredient list are shown in CAPITALS

## SUPPLEMENTARY INGREDIENT INFORMATION

<b>Palm Oil</b>	No
<b>Hydrogenated Vegetable Oil/Fat</b>	No
<b>GM Protein/DNA</b>	No

ADDITIVES

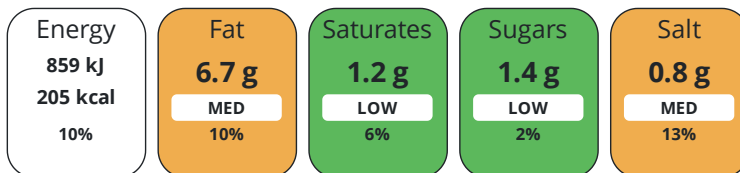
Product Contains:

<b>Artificial Antioxidants</b>	No	<b>Artificial Flavourings</b>	No
<b>Artificial Colours</b>	No	<b>Artificial Preservatives</b>	No
<b>Artificial Flavour Enhancers</b>	No	<b>Artificial Sweeteners</b>	No
<b>Halal Diet</b>	No	<b>Kosher Diet</b>	No

DIET SUITABILITY

NUTRITIONAL INFORMATION

Each 100g/ml portion contains:



of your reference intake.

Typical values per 100g/ml : Energy 205kcal / 859kj

Nutrient	per 100g	RI per 100g	per 155g serving	RI per 155g serving
<b>Energy (kJ)</b>	859 kJ	10%	1331.5 kJ	16%
<b>Energy (kcal)</b>	205 kcal	10%	317.8 kcal	16%
<b>Fat</b>	6.7 g	10%	10.4 g	15%
<b>of which Saturates</b>	1.2 g	6%	1.9 g	10%
<b>Carbohydrate</b>	24.5 g	9%	38 g	15%
<b>of which Sugars</b>	1.4 g	2%	2.2 g	2%
<b>Fibre</b>	1.2 g		1.9 g	
<b>Protein</b>	11.5 g	23%	17.8 g	36%
<b>Salt</b>	0.8 g	13%	1.2 g	20%
<b>Serving Size</b>	155 g			
<b>Number of Servings</b>	24 Servings			

SUPPLEMENTARY NUTRITIONAL INFORMATION

HANDLING & STORAGE INFORMATION

**Directions For Use**

Deep fry in hot oil at 180°C for approximately 6 - 7 minutes. Cook thoroughly until piping hot throughout. Oven Bake: Place on a baking tray in a pre-heated oven at 220°C/Gas mark 6, for approximately 18 minutes. Cook thoroughly until piping hot throughout.

**Storage Instructions**

Store frozen product at -18°C or colder Do not re-freeze after thawing

**Shelf Life from Time of Production** 547 Days

ACCREDITATIONS/ CERTIFICATIONS/ ASSURANCE SCHEMES ORIGIN

**BRCGS Certified** **Marine Stewardship Council (MSC)**

**Other Accreditation**

**Product Country of Origin/Place of** United Kingdom

**Provenance**

**Catch Method** Bottom Trawl, Midwater Trawl

**Catch Zone** 61 - Pacific, Northwest, 67 - Pacific, Northeast

**Fish Species** Cod (Pacific) - Gadus macrocephalus

PRODUCT CHARACTERISTICS

Standards Testing

CONFIGURATION	Case Configuration		Inner Pack Configuration				
	<b>Total Quantity of Inner Components in</b>	24 Units	<b>Count per Inner Component</b>	1			
	<b>Outer Case</b>						
PRODUCT WEIGHTS	<b>Is the Outer Case Splittable?</b>		No				
	Inner Component						
	<b>Variable Weight Consumer Item</b>	Yes					
	Outer Case						
	<b>Outer Case Gross Weight</b>	4.24 kg					
	<b>Outer Case Net Weight</b>	4.08 kg					
PRODUCT DIMENSIONS	Inner Component						
	<b>Inner Component Depth</b>	0 mm					
	<b>Inner Component Width</b>	0 mm					
	<b>Inner Component Height</b>	0 mm					
	Outer Case						
	<b>Outer Case Depth</b>	333 mm					
	<b>Outer Case Width</b>	250 mm					
	<b>Outer Case Height</b>	113 mm					
PALLET INFORMATION	<b>Quantity of Cases Per Pallet Layer</b>	14 Cases	<b>Pallet Height</b>	1.73 MTR			
	<b>Quantity of Layers Per Pallet</b>	14 Layers	<b>Pallet Gross Weight</b>	831.19 kg			
	<b>Quantity of Cases Per Pallet</b>	196 Cases					
PACKAGING	Outer Case Packaging						
	<b>Type</b>	<b>Materials</b>	<b>Weight</b>	<b>Recycled Plastic %</b>	<b>Recyclable</b>	<b>Returnable</b>	<b>Composite</b>
	Case	Plastic	18 g	- %			
	Case	Paper/Cardboard	210 g	- %			
	Transport Packaging						
	<b>Type</b>	<b>Materials</b>	<b>Weight</b>	<b>Recycled Plastic %</b>	<b>Recyclable</b>	<b>Returnable</b>	<b>Composite</b>
	Other	Wood	30000 g	- %			
	OTHER INFORMATION	<b>Intrastat/Taric Code</b>	0	<b>Identification/Health Marks</b>	GB HU044		
	CONTACT INFORMATION	Address		Technical Contact			
Three Oceans Fish Company		Elaine Caizerques					
Ocean House		Head of Technical					
Witty Street		EC@3oceans.co.uk					
Hull							
HU3 4TT		P: (Phone) 01482 306000 ext 205					
United Kingdom							
P: (Phone) 01482 306000							
Complaints Contact		Commercial Contact					
Simon Derrick		Dan Martin					
Senior Technical Manager (Compliance)		Chief of Sales					
sed@3oceans.co.uk		DGM@3oceans.co.uk					
P: (Phone) 01482306000		P: (Phone) 01482 306000					

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