

Product Information Sheet

Product Code 324533

Weight 500g

Product Type Large / Multi-Portion

Product Name Battered Haddock

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	835kj	1043kj
Energy (kcal)	199kcal	249kcal
Fat	9.7g	12g
Saturated	1.0g	1.3g
Monounsaturated	5.2g	6.5g
Polyunsaturated	3.1g	3.9g
Carbohydrate	17g	21g
of which sugars	0.9g	1.1g
Fibre	0.6g	0.8g
Protein	11g	13g
Sodium	210mg	263mg
Salt equivalent	0.53g	0.66g
Potassium	113mg	141mg

Ingredient Declaration

formed haddock (**fish**) (52%), **wheat** flour (with calcium, iron, niacin, thiamin), vegetable oils (rapeseed, palm), maize flour, raising agents (diphosphates, sodium carbonate), salt, **wheat** starch, dextrose, **wheat gluten**.

Warnings:

⚠ May contain bones.

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	✓	Alcohol	
Energy Dense		Beef	✓	Beef	
Gluten Free		Celery	✓	Celery	
Low Fat		Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian		Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish		Fish	
Healthier Choice	✓	Garlic	✓	Garlic	
Vegan		Lupin	✓	Gluten	
Soft		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars		Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion	✓	Onion	
High Protein		Peanut	✓	Peanuts	
Easy Chew		Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast	✓	Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye	✓		
		Barley	✓		
		Oats	✓		

Cooking Guidelines (all ovens may vary)

Cook from frozen. Lid off.

Store at -18°C, do not refreeze once thawed

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