

Product Information Sheet

Product Code 324528

Weight 560g

Product Type Large / Multi-Portion

Product Name Fish Goujons

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	946kj	1060kj
Energy (kcal)	226kcal	253kcal
Fat	10g	12g
Saturated	0.8g	0.9g
Monounsaturated	6.3g	7.1g
Polyunsaturated	2.8g	3.1g
Carbohydrate	17g	19g
of which sugars	0.9g	1.0g
Fibre	1.6g	1.8g
Protein	15g	17g
Sodium	391mg	438mg
Salt equivalent	0.98g	1.1g
Potassium	229mg	256mg

Ingredient Declaration

fish (50%), wheat flour (with calcium, iron, niacin, thiamin), rapeseed oil, water, salt, yeast.

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 with lid on, with corners lifted. Cook from frozen.

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

Product Code 328528
Product Type Small / Twin
Product Name Fish Goujons

Weight 224g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	946kJ	1060kJ
Energy (kcal)	226kcal	253kcal
Fat	10g	12g
Saturated	0.8g	0.9g
Monounsaturated	6.3g	7.1g
Polyunsaturated	2.8g	3.1g
Carbohydrate	17g	19g
of which sugars	0.9g	1.0g
Fibre	1.6g	1.8g
Protein	15g	17g
Sodium	391mg	438mg
Salt equivalent	0.98g	1.1g
Potassium	229mg	256mg

Ingredient Declaration

fish (50%), wheat flour (with calcium, iron, niacin, thiamin), rapeseed oil, water, salt, yeast.

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 with lid on, with corners lifted. Cook from frozen.

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

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