

# Product Information Sheet

Product Code 324505

Weight 600g

Product Type Large / Multi-Portion

Product Name Breaded Cod

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	965kj	965kj
Energy (kcal)	230kcal	230kcal
Fat	8.9g	8.9g
Saturated	0.6g	0.6g
Monounsaturated	5.7g	5.7g
Polyunsaturated	2.6g	2.6g
Carbohydrate	25g	25g
of which sugars	<0.5g	<0.5g
Fibre	1.0g	1.0g
Protein	12g	12g
Sodium	280mg	280mg
Salt equivalent	0.70g	0.70g
Potassium	180mg	180mg

## Ingredient Declaration

cod (**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 from frozen. Lid on, with corners lifted.

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

Product Code 328505  
Product Type Small / Twin  
Product Name Breaded Cod

Weight 200g

**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	965kj	965kj
Energy (kcal)	230kcal	230kcal
Fat	8.9g	8.9g
Saturated	0.6g	0.6g
Monounsaturated	5.7g	5.7g
Polyunsaturated	2.6g	2.6g
Carbohydrate	25g	25g
of which sugars	<0.5g	<0.5g
Fibre	1.0g	1.0g
Protein	12g	12g
Sodium	280mg	280mg
Salt equivalent	0.70g	0.70g
Potassium	180mg	180mg

**Ingredient Declaration**

cod (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 from frozen. Lid on, with corners lifted.

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

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