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18282 | Pier 7 | 35-140-170

Pier 7 MSC Medium Battered Cod Fillets 140 - 170g

Skinless and boneless formed cod fillet coated in a tasty lightly fried batter suitable for deep fry and oven baking. Sustainably sourced and MSC certified.



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Description

Legal Product Name	Skinless, boneless formed cod fillets in batter
Unique Marketing Statement	Skinless and boneless formed cod fillet coated in a tasty lightly fried batter suitable for deep fry and oven baking. Sustainably sourced and MSC certified.
Brand Name	Pier 7
Country of Origin	United Kingdom

Ingredients

Ingredients	Cod (FISH) (50%), WHEAT flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, WHEAT Starch, Salt, Yeast Extract, Maize Starch, Yeast, Stabiliser: Xanthan Gum; Dextrose, Sunflower Oil, Emulsifier: Sunflower Lecithin; Raising Agent: Ammonium Carbonate.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	35
Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	829.75 kJ
Energy (Kilocalories)	198.55 kcal
Fat, Total	10.75 g
Saturated	0.57 g
Carbohydrate	16.1 g
Sugars	0.4 g
Dietary Fibre, Total	1.3 g
Protein, Total	8.7 g
Salt	0.75 g
Sodium	299 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat	Contains
Rye	Does NOT Contain
Barley	May Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Contains
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	No
Suitable for Vegetarian	No
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Does any other assurance scheme apply to this product?	MSC

Preparation Suggestions

Is the product ready to eat?	NO
Oven From Frozen	Place on a baking tray in a pre-heated oven at 220°C / Gas mark 7 for approximately 20 - 22 minutes.
Fry From Frozen	Deep fry in hot oil at 180°C for approximately 5 - 6 minutes.

Packaging

Do you have any packaging environmental claims?

No