



Breaded Plaice 140-170g (24)

Product Disclaimer:

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Product Images



Additional Information

| | |
|--------------|---------------|
| Product Code | 740210 |
| Outer EAN 1 | 5023616442205 |

Allergens

| | |
|------------------------------------|-----|
| Celery/Celery | No |
| Contains Cereals Containing Gluten | Yes |
| Crustacea | No |
| Eggs | No |
| Fish | Yes |
| Lupin | No |
| Milk | No |
| Molluscs | No |
| Mustard | No |
| Nuts | No |
| Peanuts | No |
| Sesame Seeds | No |
| Soybeans | No |
| Sulphur Dioxide and Sulphites | No |

Ingredients, Storage & Usage

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|----------------------|---|
| Directions For Use | Cook from frozen : Always ensure the product core temperature reaches 72°C. Deep fry: Deep fry in hot oil at 180°C for approximately 45 minutes. Allergy advice: For allergens including cereals containing gluten see ingredients in BOLD. Although extra care has been taken to remove all bone, some may remain. |
| Ingredients | plaice (pleuronectes platessa) fish (50%), breadcrumb (fortified wheat flour (wheat flour, calcium carbonate, niacin, iron, thiamin), salt, yeast), batter (water, fortified wheat flour (wheat flour, calcium carbonate, niacin, iron, thiamin)), maize starch, salt. |
| Storage Instructions | Store at 18°C or below. Do not refreeze once defrosted. |
| Storage Type | Frozen |

Dietary Information

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|---|----|
| Approved for a Halal Diet | No |
| Approved for a Kosher Diet | No |
| Suitable for a Vegan Diet | No |
| Suitable for a Vegetarian Diet | No |
| Suitable for Coeliacs | No |
| Suitable for Sufferers of Lactose Intolerance | No |

Nutritional Information

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|---|-------|
| Carbohydrate of which Sugars per 100g (g) | 0.7 |
| Carbohydrate Per 100g (g) | 35.6 |
| Energy per 100g (kcal) | 192 |
| Energy per 100g (kJ) | 824.6 |
| Fat of which Saturates per 100g (g) | 0.2 |
| Fat per 100g (g) | 1.3 |
| Protein per 100g (g) | 11.7 |
| Salt per 100g (g) | 0.4 |