Supplier's Product Code: Product Added: Last Updated by Supplier: erudus id:

32552 10 August 2023 10 August 2023

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Sysco Essentials Omega 3 Breaded MSC Cod Fish Finger

Short Product Name:

Omega 3 Breaded MSC Cod Fish Finger

Minced cod fish fingers coated in breadcrumbs & flash-fried; 120 x 25g approximately

Traded Unit GTIN: 5024333150213 Internal GTIN: 5024333150213 Supplier: Brake Bros Ltd Suppliers Product Code: 32552

Reference Intake

Each 100g portion contains: Fat Salt Energy Saturates Sugars 855k1 7.8g 0.8_g0.44g**1.1**g **204**kcal 10% of your reference intake.

Typical values per 100g: Energy 855kJ 204kcal

Nutritional Information

Typical Values	Per 100g
Energy	855kJ 204kCal
Carbohydrates	21g
of which sugars	1.1g
Fat	7.8g
of which saturates	0.8g
Fibre	1.2g
Protein	12g
Salt	0.44g

Allergy Information







Does Not

Contain



Does Not Eggs

Does Not

Contain



Peanuts

Does Not



Does Not

Contain



Does Not

Contain



Contain Mustard





Dietary Information



Vegetarian



Vegan







Ingredients

Cod (FISH) (58%), WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), rapeseed oil, water, yeast, salt, colour (paprika extract, curcumin), turmeric.