

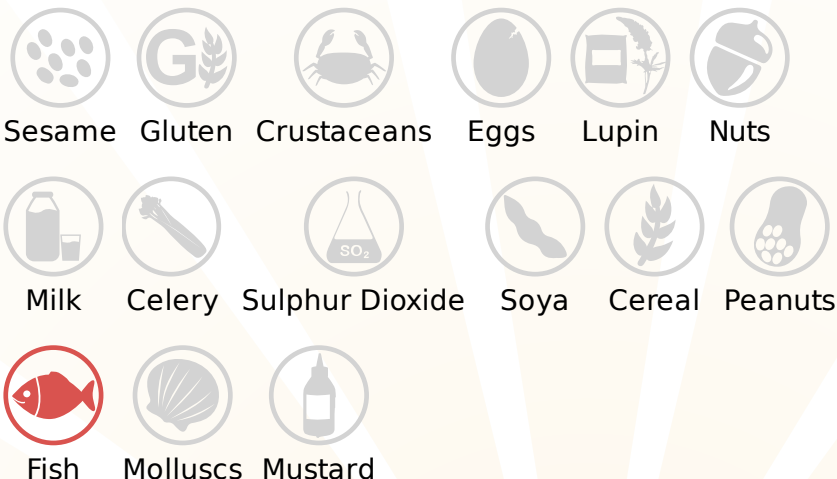
## Seafeast Cod Fillets 6-8oz (170-230g) Skinless / Boneless - Information

Frozen, IQF, Skinless and Boneless Atlantic Cod Fillets

**TFS Product Code:** 029084  
**Suppliers Product Code:** 65352 (30002)  
**Information Last Updated:** 29/12/2023  
**Date Produced:** 09/03/2025

### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

|                        |               |
|------------------------|---------------|
| Serving Unit:          | 100g or 100ml |
| Energy (kcal)          | 82.00         |
| Energy (kJ)            | 343.00        |
| Protein (g)            | 18.00         |
| Carb (g)               | 0.50          |
| Of Which Sugars (g)    | 0.50          |
| Fat (g)                | 0.70          |
| Of Which Saturates (g) | 0.10          |
| Fibre (g)              | 0.00          |
| Salt (g)               | 0.14          |

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Atlantic Cod (Gadus morhua) (FISH) (95%), Water, Stabiliser: Sodium Tripolyphosphate.

## Handling Information

### Directions for Use

Once opened, please use it within a day. This product is raw, ensure it is fully cooked before consumption.

### Storage Instructions

Keep frozen at -18°C or below. Do not refreeze once defrosted.

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