

# Youngs Chip Shop Jumbo Battered Cod Fish Fingers MSC 70g - Information

Cod Fillet Fish Finger in Chip Shop Batter

**TFS Product Code:** 017806  
**Suppliers Product Code:** 13018  
**Information Last Updated:** 09/12/2024  
**Date Produced:** 17/04/2025



## Allergy Information

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



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

## Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	277.00
Energy (kJ)	1155.00
Protein (g)	12.70
Carb (g)	16.40
Of Which Sugars (g)	0.50
Fat (g)	17.70
Of Which Saturates (g)	1.30
Fibre (g)	0.90
Salt (g)	0.90

## Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

**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

Cod (57%) (<b>FISH</b>), Wheat Flour [<b>WHEAT</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Sunflower Oil, Rapeseed Oil, Palm Oil, <b>WHEAT</b> Starch, Salt, Flavourings (contain <b>MUSTARD</b>), Raising Agents: Diphosphates, Sodium Hydrogen Carbonate; <b>MUSTARD</b> Flour, Maize Flour, Dextrose, <b>WHEAT</b> Gluten, Dried Skimmed <b>MILK</b>, Colours: Curcumin, Capsanthin; Chilli Powder Caution! Although extra care has been taken to remove all bones, some may remain

## Handling Information

### Directions for Use

Our Jumbo Cod Fingers are best deep fried straight from your freezer. Ensure product is piping hot throughout before serving. All appliances vary, these are guidelines only. Deep fry 6 mins to deep fry - 180°C • Pre-heat the oil. • Remove all packaging. • Gently lower product into the hot oil and cook for 6 minutes." Grill - product on a wire rack 10 mins to grill - Medium heat • Pre-heat the grill pan and wire rack on a Medium heat setting. • Remove all packaging. • Place product on the wire rack under the grill and cook for 10 minutes. Caution! Care should be taken when removing the tray from the grill as it may contain hot oil." Oven bake - product to be cooked on a wire rack 20 mins to oven bake - 230°C / Fan 200°C / Gas Mark 8 • Pre-heat the oven. • Remove all packaging. • Place product on a wire rack over a deep baking tray in the centre of the oven and cook for 20 minutes. Caution! Care should be taken when removing the tray from the oven as it may contain hot oil.

### Storage Instructions

Store at -18°C below. Do not re-freeze once defrosted.

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