

## Catch Cod Fillets 10-12oz (290-320g) Skin on Pin Bone Out - Information

Skin On Boneless Whole fillets or tails of Cod which have been individually quick frozen, no welded fillets permitted. Fillets shall have a protective water glaze applied of 20% (+/-2)

**Our Product Code:** 029286  
**Suppliers Product Code:**  
**Information Last Updated:** 10/09/2024  
**Date Produced:** 06/03/2026



### Allergy Information

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



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	80.00
Energy (kJ)	337.00
Protein (g)	18.30
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	0.70
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	0.15

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Yare Food Services. 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 80% (Gadus morhua) (FISH), Water 20% (protective glaze)

### Handling Information

#### Directions for Use

Keep Frozen. Once defrosted do not refreeze.  
Ensure food is cooked for a minimum 72oC for 2 minutes Defrost in a refrigerator at less than 5oC for 24 hours and then use within 24 hours

#### Storage Instructions

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