

TFS - Fish FAS Skin On Cod Fillet Block Pack 8-16oz - Information

Wild fresh frozen at sea Atlantic cod fillets, skinless and packed and fully interleaved at sea.

Our Product Code: 012916
Suppliers Product Code:
Information Last Updated: 14/10/2024
Date Produced: 20/04/2026



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)	72.00
Energy (kJ)	306.00
Protein (g)	16.70
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	0.60
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	0.18

Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

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 (Gadus morhua) (FISH)

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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