

## Youngs 60 Breaded Minced Cod Fish Fingers - Information

MSC Minced Cod Fish Fingers. Legal: Minced Cod Fish Fingers Coated In Golden Breadcrumbs.

**Our Product Code:** 017386  
**Suppliers Product Code:**  
**Information Last Updated:** 18/08/2022  
**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)	203.00
Energy (kJ)	853.00
Protein (g)	13.00
Carb (g)	19.50
Of Which Sugars (g)	1.00
Fat (g)	7.70
Of Which Saturates (g)	0.80
Fibre (g)	0.00
Salt (g)	0.50

### 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

Minced Cod (FISH) (58%), Wheat Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Rapeseed Oil, Water, Yeast, Salt, Colours: Capsanthin, Curcumin; Turmeric Caution! Although extra care has been taken to remove all bones, some may remain

### Handling Information

#### Directions for Use

Our Fish Fingers are best oven baked straight from your freezer. Ensure product is piping hot throughout before serving. All appliances vary, these are guidelines only. 12 mins to Oven Bake - 220°C / Fan 200°C / Gas Mark 7 • Pre-heat the oven. • Remove all packaging. • Place the fish fingers on a baking tray in the centre of the oven and cook for 12 minutes, turn occasionally. 10 mins to Grill - medium heat • Pre-heat the grill pan on a medium heat setting. • Remove all packaging. • Place the fish fingers on to the base of the grill pan and cook for 10 minutes, turn occasionally. 3-4 mins to Deep Fry - 180°C • Pre-heat the oil. • Remove all packaging. • Gently lower the fish fingers into the hot oil and cook for 3-4 minutes. Drain well after cooking. 6 mins to Pan Fry - medium heat • Heat a tablespoon (15ml) of oil in a frying pan over a medium heat. • Remove all packaging. • Gently add the fish fingers to the pan and cook for 6 minutes, turn occasionally.

#### Storage Instructions

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

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