

Supplier's Product Code :
Product Added :
Last Updated by Supplier :
erudus id :

66536
10 February 2026
10 February 2026
013e1a8e4e6946e99bd374cd21d1c5e1



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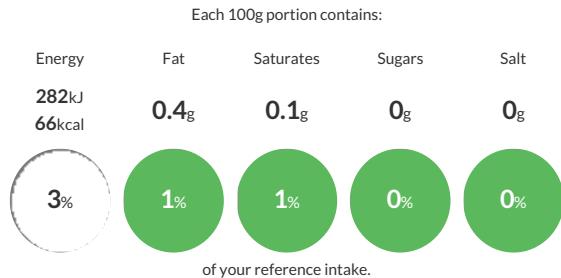
Monkfish portion skinless, boneless (6 x 140-170g)

Short Product Name:
Monkfish

Monkfish portion skinless, boneless (6 x 140-170g)

Traded Unit GTIN: [-](#) Internal GTIN: Supplier : [M&J Seafood](#) Suppliers Product Code : [66536](#)

Reference Intake



Typical values per 100g : Energy 282kJ 66kcal

Nutritional Information

Typical Values	Per 100g
Energy	282kJ 66kCal
Carbohydrates	0g
of which sugars	0g
Fat	0.4g
of which saturates	0.1g
Fibre	0g
Protein	15.7g
Salt	0g

Allergy Information

Key: [Contains](#) [May Contain](#)



Dietary Information

Key: [Suitable for](#)



Ingredients

Monkfish (Lophius piscatorius) (FISH).