

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

32552  
 10 April 2026  
 10 April 2026  
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## Sysco Essentials Omega 3 Breaded MSC Cod Fish Finger

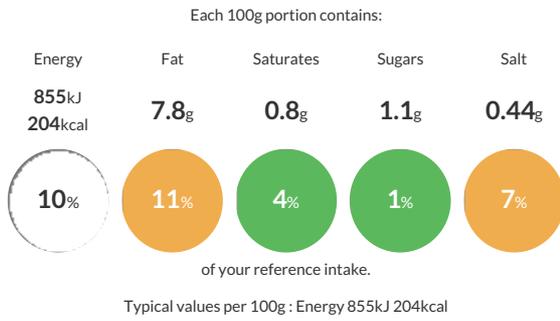
Short Product Name:

Omega 3 Breaded MSC Cod Fish Finger

Minced cod fish fingers coated in breadcrumbs & flash-fried; 120 x 25g approximately

Traded Unit GTIN: **5024333150213** Internal GTIN: Supplier: **Sysco GB Limited** Suppliers Product Code: **32552**

### Reference Intake



### Nutritional Information

Typical Values	Per 100g
Energy	855kJ 204kCal
Carbohydrates	21g
of which sugars	1.1g
Fat	7.8g
of which saturates	0.8g
Fibre	1.2g
Protein	12g
Salt	0.44g

### Allergy Information

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

Contains Cereal/Gluten	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Contains Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain Sulphur Dioxide

### Dietary Information

Key: **Suitable for**

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal	NO DATA for Coeliac
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### Ingredients

Cod (FISH) (58%), WHEAT flour (WHEAT flour, calcium carbonate, iron, niacin, thiamin), rapeseed oil, water, yeast, salt, colour (paprika extract, curcumin), turmeric.