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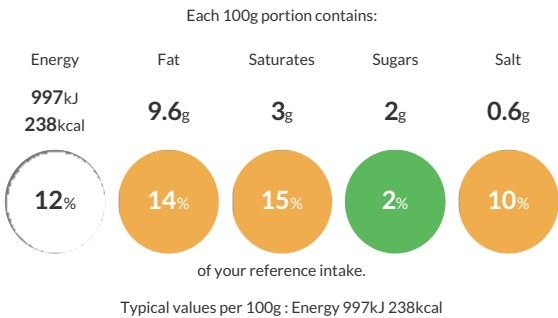
## Frozen Fully Cooked MSC Lemon Sourdough Crumbed Fish Goujon (5 x 1kg)

Short Product Name:  
Frozen Fully Cooked MSC Lemon Sourdough Crumbed Fish Goujon

Frozen fully cooked coated natural fish goujon in sourdough breadcrumb with lemon profile, par-fried with canola oil.

Traded Unit GTIN: **19551021300177** Internal GTIN: **9551021300170** Supplier : **Pacific West Foods** Suppliers Product Code : **FGL45PW**

### Reference Intake



### Nutritional Information

Typical Values	Per 100g
Energy	997kJ 238kCal
Carbohydrates	28g
of which sugars	2g
Fat	9.6g
of which saturates	3g
Fibre	1.4g
Protein	9.6g
Salt	0.6g

### Allergy Information

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

  
Contains Cereal/Gluten

  
May Contain Milk

  
Does Not Contain Eggs

  
Does Not Contain Peanuts

  
Does Not Contain Nuts

  
May Contain Crustaceans

  
Does Not Contain Mustard

  
Contains Fish

  
Does Not Contain Lupin

  
Does Not Contain Sesame

  
Does Not Contain Celery

  
May Contain Soya

  
May Contain Molluscs

  
Does Not Contain Sulphur Dioxide


### Dietary Information

Key: **Suitable for**

  
NO DATA for Vegetarian

  
NO DATA for Vegan

  
May not be suitable for Kosher

  
Suitable for Halal

  
NO DATA for Coeliac

### Ingredients

Pollock (<b>Fish</b>) (50%), Coating [**Wheat** Flour, Water, Canola Oil, Dried <b>Wheat</b> Sourdough, Sugar, Garlic, Salt, Lemon Powder, Yeast Extract, Pepper, Acidity Regulator (E330)].