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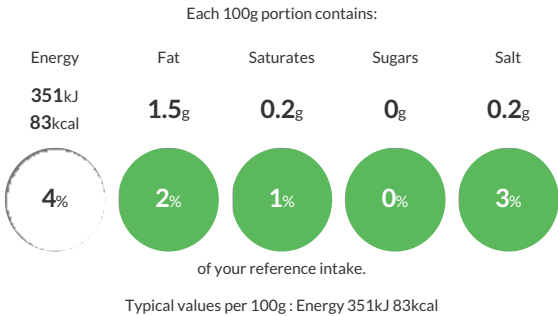
Whole South Coast Lemon Sole, dark skin off, trimmed & Head off (6 x 340-454g)

Short Product Name:
Lemon sole

Whole South Coast Lemon Sole, dark skin off, trimmed & Head off (6 x 340-454g)

Traded Unit GTIN:  Internal GTIN: Supplier:  Suppliers Product Code: 



Reference Intake





Nutritional Information


Typical Values	Per 100g
Energy	351kJ 83kCal
Carbohydrates	0g
of which sugars	0g
Fat	1.5g
of which saturates	0.2g
Fibre	0g
Protein	17.4g
Salt	0.2g


Allergy Information


Key:  Contains  May Contain



Does Not Contain 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


NO DATA for Vegetarian


NO DATA for Vegan


May not be suitable for Kosher


May not be suitable for Halal


NO DATA for Coeliac

Ingredients

Lemon Sole (*Microstomus kitt*) (FISH).