

## Arctic Royal Atlantic Cod Fillets 8-10oz (230-290g) Skin on - Information

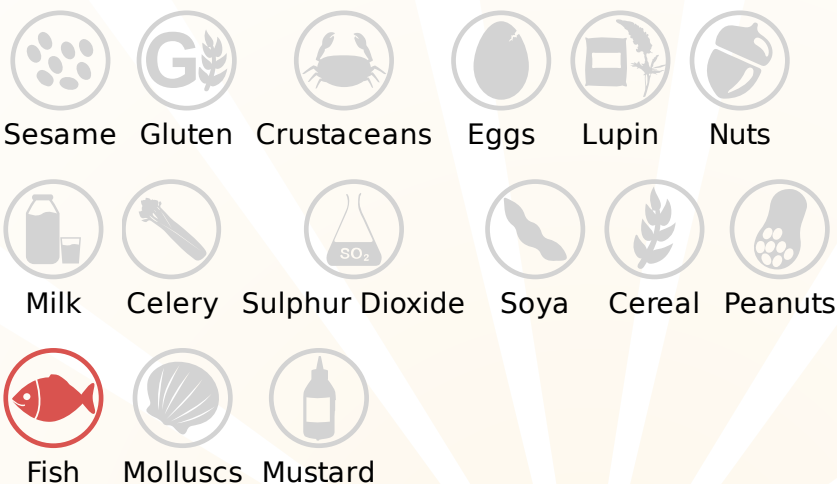
8-10 oz skin on bone Out Cod Fillets

**TFS Product Code:** 025721  
**Suppliers Product Code:**  
**Information Last Updated:** 21/11/2022  
**Date Produced:** 06/05/2026



### Allergy Information

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



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	82.00
Energy (kJ)	343.00
Protein (g)	18.00
Carb (g)	0.00
Of Which Sugars (g)	0.00
Fat (g)	0.70
Of Which Saturates (g)	0.10
Fibre (g)	0.00
Salt (g)	0.14

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. 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

Cod (Gadus Morhua) (FISH)

## Handling Information

### Directions for Use

COOKING INSTRUCTION: FOR BEST RESULTS COOK FROM FROZEN. This product contains raw fish and must be cooked thoroughly. These instructions are guidelines only as cooking appliances vary. Ensure fish fillets are piping hot and cooked throughout before serving. OVEN BAKE: Pre-heat oven to 200°C/180°C fan/Gas mark 6. Place fillets on foil, dot with butter and season with salt and pepper to taste. Wrap loosely in foil and place on baking tray in the centre of the oven. Bake for 25-30 minutes or until cooked through.

### Storage Instructions

Keep frozen once defrosted, do not refreeze.

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