

## Whitby Cod Fillet Goujons in Batter - Information

Delicious and premium MSC Cod goujons wrapped in a crisp batter

**TFS Product Code:** 029218  
**Suppliers Product Code:**  
**Information Last Updated:** 11/02/2025  
**Date Produced:** 06/05/2026



### Allergy Information

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



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	174.00
Energy (kJ)	734.00
Protein (g)	10.10
Carb (g)	20.00
Of Which Sugars (g)	2.60
Fat (g)	5.60
Of Which Saturates (g)	0.80
Fibre (g)	1.20
Salt (g)	1.30

### 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 (**FISH**)(50%), batter (water, WHEAT flour [**WHEAT** flour, calcium carbonate, iron, niacin, thiamin], salt, raising agents: E450i, E500ii, **WHEAT** starch, xanthan gum E415), breadcrumbs (**WHEAT** flour [**WHEAT** flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil), rapeseed oil.

## Handling Information

### Directions for Use

Always cook from frozen. The instructions below are just a guide; do make sure our [product] is piping hot throughout before serving. Once cooled, please do not reheat. Deep fry from frozen Pre heat oil to 180 °C/350°F. Cook for approximately 4-5 minutes until crisp and golden

### Storage Instructions

Keep in the freezer at -18°C or colder and use by the best before date. If defrosted do not refreeze.

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