



## Whitby Seafoods Breaded Plaice Goujons 450g

### Product Images



## Additional Information

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Brand	Whitby Seafoods
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## Storage

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Temperature	Frozen
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## Ingredients

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Ingredients	Plaice ( <b>Fish</b> ) 50% Breadcrumbs ( <b>Wheat</b> Flour [ <b>Wheat</b> Flour, Calcium Carbonate, Iron, Thiamine, Niacin], Rapeseed Oil, Yeast, Salt) Batter (Water, <b>Wheat</b> Flour [ <b>Wheat</b> Flour, Calcium Carbonate, Iron, Thiamine, Niacin], Salt)
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## Allergens

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Celery	No
Gluten	Yes
Crustacea	May Contain
Eggs	No
Fish	Yes
Lupin	No
Milk	No
Molluscs	May Contain
Mustard	No
Nuts	No
Peanuts	No
Sesame	No
Soya	No
Sulphites	No

## Dietary Information

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Approved for a Halal	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	Yes
Suitable for a Vegan	No
Suitable for a Vegetarian	No

## Nutritional Information

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Carbs per 100g (g)	22.7 g
Carbs of which Sugars per 100g (g)	2.5 g
Fat per 100g (g)	1.3 g
Fat of which Saturates per 100g (g)	0.12 g
Fibre per 100g	2.1 g
Energy per 100g (kcal)	140 kcal
Energy per 100g (kJ)	593 kJ
Protein per 100g (g)	10.9 g
Salt per 100g (g)	0.9 g

While every care has been taken to ensure this information is correct, food products are constantly being reformulated and nutrition content may change. We would therefore recommend that you do not rely solely on this information and always check product labels. This does not affect your statutory rights. We do not accept liability for any inaccuracies or incorrect information contained on this site.