



Plaice Fillet 285-340g/10-12oz (15 Pack)

Product Images



Additional Information

Brand	Smales
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Storage

Temperature	Frozen
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Ingredients

Ingredients	Haddock 80% (<i>Melanogrammus aeglefinus</i>) (FISH), Water 20% (protective glaze)
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Allergens

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

Dietary Information

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

Nutritional Information

Carbs per 100g (g)	0 g
Carbs of which Sugars per 100g (g)	0 g
Fat per 100g (g)	0.6 g
Fat of which Saturates per 100g (g)	0.1 g
Energy per 100g (kcal)	81 kcal
Energy per 100g (kJ)	345 kJ
Protein per 100g (g)	19 g
Salt per 100g (g)	0.16 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.