

61275 | Everyday Favourites | 60x25g

Everyday Favourites Breaded MSC Minced Cod Fish Fingers

This Product Is Produced From Prime Minced Cod Carefully Selected From North Atlantic MSC Cod

Document Published: 04 Aug 2025, 04:23:02 pm

Disclaimer: As we do not manufacture we warrant only that we will transmit accurately product data (ingredient and allergen) as are received by us from the manufacturer/supplier of such product. By accepting product and image information you agree to obtain our written permission before you transmit such product data or images outside your business. You agree to check for updates and refer to the packaging at all times because product data change regularly. You must not alter the product data or images. If despite this you choose to do so we will not be responsible.



Description

Legal Product Name	Par-Fried, Minced Cod Fish Fingers Coated In Light Golden Breadcrumbs
Unique Marketing Statement	This Product Is Produced From Prime Minced Cod Carefully Selected From North Atlantic MSC Cod
Brand Name	Everyday Favourites
Country of Origin	United Kingdom

Ingredients

Ingredients	Minced Cod (<i>Gadus Morhua</i>) (FISH) (58%), WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Rapeseed Oil, Water, Yeast, Salt, Colours (Capsanthin, Curcumin), Turmeric
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	60
------------------------------------	----

Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	855 kJ
Energy (Kilocalories)	204 kcal
Fat, Total	7.8 g
Saturated	0.78 g
Carbohydrate	20.9 g
Sugars	1.05 g
Dietary Fibre, Total	0.9 g
Protein, Total	11.98 g
Salt	0.443 g
Sodium	177 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat	Contains
Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Contains
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	No
Suitable for Vegetarian	No

Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	Sedex Members Ethical Trade Audit (SMETA)
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	MSC

Preparation Suggestions

Is the product ready to eat?	No
Oven From Frozen	Fan assisted - 190°C/375°F - 12 mins. Conventional - 220°C/425°F/ Gas Mark 7 - 12 mins. Preheat a baking tray. Place fish fingers onto the baking tray in the centre of the oven for time stated above.

Fry From Frozen	Deep Fry - 180°C/350°F - 4 mins Preheat the oil and gently lower the fish fingers into the hot oil. Fry for time stated above. Shallow fry - Medium heat - 6 mins Preheat 1 tablespoon of oil in a frying pan. Gently place the fish fingers into the pan. Cook for the time stated above, turning occasionally.
Grill From Frozen	Grill - Medium heat - 8-10 mins. Preheat the base of the grill pan under a medium heat. Place fish fingers onto the hot grill pan. Return pan to the grill and cook for the time stated above, turning occasionally.

Packaging

Do you have any packaging environmental claims?	Case contains recycled material and is recyclable
---	---