

Fish Fingers

Allergens - Fish (Batter coating is Gluten Free)

Ingredients

Quantity	Ingredient
1800g	Fish Fingers



Method

1. Bake according to Manufacturer instructions.

Nutritional Content per 90g portion of Fish Fingers

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 219	= 7.9	= 0.7	= 0.42	= 0.6	= 19.8

Portion size - Primary – 3 per portion = 90g portion