

gftreets™



gluten free battered fish

handling instructions: **Baking:** Preheat oven to 210C. Place on baking tray and bake 6-7 minutes each side. **Frying:** 3-4 minutes at 180C from frozen.

storage instructions: **Keep frozen. Store below minus 18°C. Once thawed, do not refreeze.**

ingredients: Fish (48%), Batter [water, rice flour, potato starch, raising agent (450,500), salt, stabilizer (415)], Animal fat.

average nutritional information:

Servings Per Package: 4

Serving Size: 80g

	Per Serve	Per 100g
Energy	845kJ	1056kJ
Protein	9.4g	11.8g
- gluten	0g	0g
Fat, total	13.3g	16.6g
- saturated	5.8g	7.3g
Carbohydrate	12.3g	15.4g
- sugars	0g	0g
Sodium	161mg	201mg

warning: The greatest of care has been taken to remove all bones, however the nature of whole fish fillets means some may remain.



**Proudly manufactured by Golden Goose Foods Ltd,
33c Connal Street, Christchurch. For comments or enquiries
phone 03 3844039 or email enquiries@gftreets.co.nz**