



Centre cut cod fillets coated in Janes' delicious lemon pepper breading.

Key Product Features

- Centre cut fillets
- Lightly breaded with hint of lemon
- Generous sizing

Key Product Benefits

- Meatier portions
- Appetizing and delicious
- Excellent plate coverage

Menu Suggestions

Serve as a lunch or dinner entree with roasted potatoes, steamed vegetables or a garden salad for a delicious, light meal.

Cooking Instructions

OVEN: Bake in a preheated 425°F (218°C) preheated oven for 25-30 minutes.

Nutritional Facts	
Per 100 g	
Amount	
Calories	192
Fat	9.96 g
Saturated	0.91 g
+trans	0.07 g
Polyunsaturated	n/a g
Omega-6	1.9 g
Omega-3	0.9 g
Cholesterol	26.4 mg
Sodium	465 mg
Carbohydrate	14.5 g
Dietary Fibre	0.8 g
Sugars	2.3 g
Protein	11 g
Vitamin A	0 RE
Vitamin C	0 mg
Calcium	17.2 mg
Iron	1.0 mg

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Ingredient Listing

Cod fillets, sodium phosphate in a breading of: water, toasted wheat crumbs, wheat flour, modified corn starch, yellow corn flour, spices, sugar, baking powder, salt, citric acid, palm oil shortening, dehydrated lemon peel, defatted soy flour, granulated onion and garlic, lemon juice powder (glucose solids, lemon juice, lemon oil), guar gum, flavour. Browned in canola oil.

Allergen Listing

Wheat, soy

Health Benefits

Free of trans fat
 Low in saturated fat
 Source of iron
 Source of omega-3 polyunsaturates
 Source of omega-6 polyunsaturates

Specifications

SCC:	100 69299 23904 8	Case (cm) (LxWxH)	37.3 x 27.8 x 11.1
Case Pack Size	2 x 2 kg = 4 kg	Case Cube (cm)	11,510
Average Pc Weight	84-140 g / 3-5 oz	Pallet Ti / Hi	10 / 9
Average Pc Count	35		



build your menu with confidence