

Fish in Batter



Ingredients

Description	Ptn	10ptn	50ptn	100ptn	200ptn
Battered Pollack	85 g	850 g	4.25 kg	8.5 kg	17 kg

Method

Place on a lightly greased baking tray in the middle of a preheated oven at 200c until golden brown

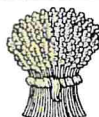
Assembled Tags



Contains Fish



Contains Mustard



Contains Wheat

Nutrition

Standard Size: Ptn		
Nutrient	Per Portion	Per 100g
Energy (kcal)	105.4kcal	124kcal
Fat	2.21g	2.6g
Satd FA /100g fd	0.68g	0.8g
Carbohydrate	10.54g	12.4g
Protein	10.8g	12.71g
NSP	1.36g	1.6g
Zinc	0.34mg	0.4mg
Iron	0.47mg	0.55mg
Folate	5.95µg	7µg
Calcium	29.75mg	35mg
Sodium	170mg	200mg
Salt	0.43g	0.51g
Total sugars	1.19g	1.4g



Standard Size: Ptn