

## TFS - Seafood IQF Hake Fillets Skinless 7/8oz - Information

**TFS Product Code:** 030495  
**Suppliers Product Code:**  
**Information Last Updated:** 10/04/2025  
**Date Produced:** 19/06/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	81.00
Energy (kJ)	326.00
Protein (g)	17.60
Carb (g)	1.00
Of Which Sugars (g)	0.50
Fat (g)	1.40
Of Which Saturates (g)	0.40
Fibre (g)	0.00
Salt (g)	0.30

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

Hake 100% (<b>FISH</b>)

## Handling Information

### Directions for Use

This is a raw product and must be fully cooked throughout. Allergy Advice: Contains FISH. Although extra care has been taken to remove all bones, some small bones may remain!

### Storage Instructions

This product is Frozen. Please store at -18°C or below. Do not refreeze once thawed.

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