



202869C Salmon & Dill Fish Cake (Paramount)



Pack Size: 24 X 114G

Details: A quality fish cake made with chunks of salmon and grated potato blended with dill, parsley and lemon then dusted in a light crispy coating.

Allergen Information

Contains:

Fish, Milk

Free from:

Cereal, Celery, Sesame, Crustaceans, Eggs, Gluten, Molluscs, Lupin, Mustard, Nuts, Peanuts, Sulphur Dioxide, Soya

Suitable for:

Halal, Coeliacs

Handling Information

Directions For Use:

Cooking Guidelines: For best results, cook from frozen.

Deep Fry: in preheated oil at 180°C for 8-9 minutes.

Oven Bake: place on a baking tray in a preheated oven at 200°C for 18-20 minutes.

Grill: under a medium heat for 10-12 minutes on each side.

Storage Instructions:

Keep frozen at -18°C or below. Do not refreeze if allowed to thaw.

Product Ingredients

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INGREDIENTS: salmon (**FISH**) (34%), pre fried potato (21%) [potato, sunflower oil], potato, water, rice flour, rapeseed oil, dehydrated potato, maize starch, gram flour, salt, amaranth flour, skimmed **MILK** powder, onion, dill, garlic, dextrose, parsley, raising agents (E450i, E500ii), black pepper, thickening

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

189 kcal / 790 kJ

Fat:

8.9 g

of which saturates:

0.9 g

Carbohydrates:

18.3 g

of which sugars:

0.7 g

Fibre:

1 g

Protein:

8.3 g

Salt:

1.14 g

All product information is correct at time of upload. Information may change so please check the packaging before use.



If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.