



203388C Breaded Cod & Salmon Fish Cake (Green Gour



Pack Size: 48 X 57G

Details: Cod & wild Alaskan salmon, rich, tasty and full of goodness.

Allergen Information

Contains:

Cereal, Fish, Gluten

Free from:

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

Suitable for:

Lactose Intolerance

Handling Information

Directions For Use:

Cook from frozen on a lined baking tray. Bake for 18-20 minutes (Gas 4/180°C/350°F). As ovens vary, time and temperature may need adjusting. Check product is a minimum of 75°C (or to national standards) before serving. If storing in a hot cupboard, keep covered to prevent drying out.

Storage Instructions:

Store below -18C. Do not refreeze.

Storage After Opening:

Frozen

Shelf Life Once Open:

0 Days

Product Ingredients

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Cod (Gadus morhua) (30%) (**FISH**); Breadcrumb [**WHEAT** Flour, Salt, Yeast]; Water; Salmon (Salmo Salar) (10%) (**FISH**); Potato [emulsifier (Diglycerides)]; Rapeseed Oil; Batter [**WHEAT** Flour, **WHEAT** Starch, Maize Flour, Salt, Raising Agents (Disodium Diphosphate

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

182 kcal / 759 kJ

Fat:

6.4 g

of which saturates:

0.3 g

Carbohydrates:

19 g

of which sugars:

2.3 g

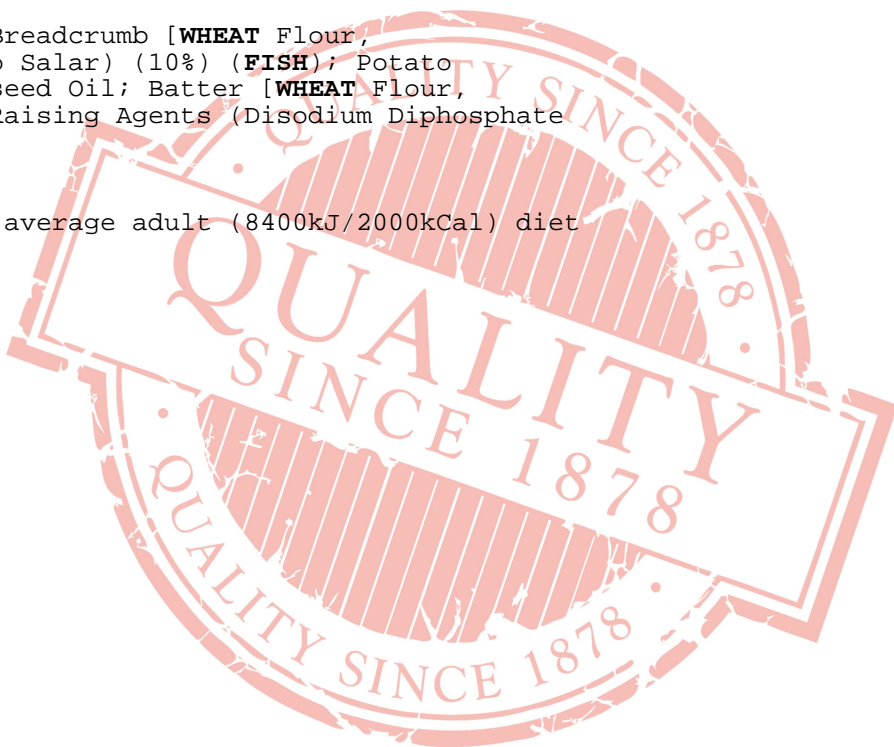
Fibre:

1.3 g

Protein:

12 g

Salt:



0.63 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.