

203637C Crab Cakes (Paramount)



Pack Size: 24 X 56G

Details: Brown crabmeat seasoned generously with cayenne pepper and a hint of lime juice, coated in a crispy breadcrumb flecked with coriander.

Allergen Information

Contains:

Cereal, Crustaceans, Fish

Free from:

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

Suitable for:

Halal

Handling Information

Directions For Use:

For best results, cook from frozen. Deep fry in preheated oil at 180°C for 5-6 minutes or until golden brown. All cooking appliances vary in performance, these are guidelines only. Always check that the product is piping hot throughout before serving.

Storage Instructions:

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

Product Ingredients

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WHEAT flour (with calcium, iron, niacin, thiamin), brown crab meat (CRUSTACEANS) (30%), pollack (FISH) (23%), water, salt, coriander, yeast, rapeseed oil, WHEAT starch, potato starch, cayenne pepper, lime juice concentrate, sugar, black pepper.

Nutritional Information

Typical Values per 100g/ml:

Energy:

199 kcal / 844 kJ

Fat:

3.4 g

of which saturates:

0.7 g

Carbohydrates:

28.9 g

of which sugars:

0.9 g

Fibre:

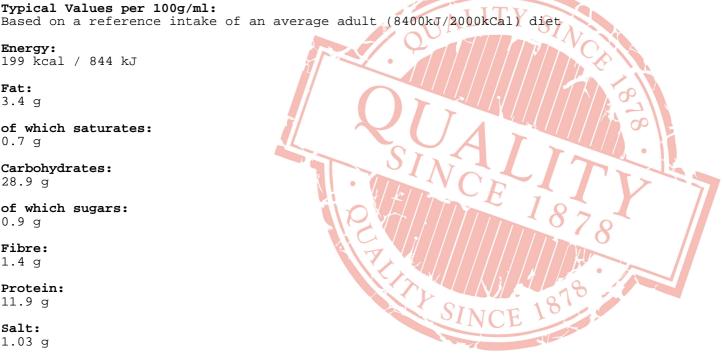
1.4 g

Protein:

11.9 g

Salt:

1.03 g



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

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