



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:

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

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.

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