



205980C Spicy Crab Cakes (Paramount)



Pack Size: 48 X 30G

Details: Bite sized crab cakes made using white and brown crabmeat, mayonnaise, red peppers, horseradish and cayenne pepper. Coated with crispy breadcrumbs flecked with coriander.

Allergen Information

Contains:

Cereal, Crustaceans, Fish, Gluten

Free from:

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

Handling Information

Directions For Use:

For best results, cook from frozen. Deep fry in preheated oil at 180°C for 3-4 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.

ALLERGY ADVICE: For allergens, including cereals containing gluten, see ingredients in CAPITALS.

WARNING: Although every care has been taken to remove all bones & pieces of shell, so

Product Ingredients

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crabmeat (**CRUSTACEANS**) (26%), Alaska pollack (**FISH**), **WHEAT** flour [with calcium, iron, niacin, thiamin], water, mayonnaise [water, sunflower oil, maize starch, sugar, spirit vinegar, salt, lemon juice, stabiliser (xanthan gum), red peppers (4%)], horseradish sauce (4%) [water, milled horseradish, sunflower oil,

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

186 kcal / 784 kJ

Fat:

5.7 g

of which saturates:

0.5 g

Carbohydrates:

20.9 g

of which sugars:

1.3 g

Fibre:

1.4 g

Protein:

11.7 g

Salt:

1.06 g



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.