



## 206134C Fish Cakes (King Frost)



Pack Size: 60 X 50G

**Details:** Breaded whitefish fish cakes, frozen.

### Allergen Information

**Contains:**

Cereal, Fish, Mustard, Milk

**Free from:**

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

### Handling Information

**Directions For Use:**

Our products are best deep fried straight from your freezer. Ensure product is piping hot throughout before serving. All appliances vary, these are guidelines only.

Deep Fry

5 mins to deep fry " 180°C

**Storage Instructions:**

Store at -18C below. Do not re-freeze once defrosted

### Product Ingredients

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Minced White Fish (33%) (**FISH**), Partially Reconstituted Potato, Wheat Flour [**WHEAT** Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Rapeseed Oil, Water, Palm Oil, Potato Fibre, Seasoning [Salt, Parsley, Black Pepper Extract], Stabiliser: . Methylcellulose; Salt, Yeast, Turmeric, Colours: .

### Nutritional Information

**Typical Values per 100g/ml:**

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

**Energy:**

218 kcal / 912 kJ

**Fat:**

10.1 g

**of which saturates:**

0.9 g

**Carbohydrates:**

23.2 g

**of which sugars:**

0.7 g

**Fibre:**

1.5 g

**Protein:**

7.8 g

**Salt:**

1.3 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.

