



206135C Fish Cakes (King Frost)



Pack Size: 24 X 113G

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.

6 mins to deep fry " 180°C

Storage Instructions:

Store at -18°C or colder. Do not refreeze 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:

217 kcal / 907 kJ

Fat:

11.3 g

of which saturates:

1.1 g

Carbohydrates:

20.5 g

of which sugars:

0.6 g

Fibre:

1.6 g

Protein:

7.5 g

Salt:

1.4 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.

