



206232C Florentine Fishcake (Paramount)



Pack Size: 24 X 114G

Details: MSC smoked haddock, spinach and potatoes filled with a rich creamy cheddar cheese sauce, coated with gluten free breadcrumbs flecked with rice flakes.

Allergen Information

Contains:

Fish, Milk

Free from:

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

Suitable for:

Coeliacs

Handling Information

Directions For Use:

Cooking Guidelines: For best results, cook from frozen.

Deep Fry: in preheated oil at 180°C for 13-14 minutes. Leave to stand for 1 minute before serving.

Rational: Preheat the Rational to 200°C at 100% heat. Cook the product on a preheated

Storage Instructions:

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

Product Ingredients

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INGREDIENTS: natural MSC smoked haddock (**FISH**) (22%) [haddock, salt], potato, cheddar cheese (**MILK**) (17%), spinach (8%), water, rapeseed oil, rice flour, dehydrated potato, **MILK**, gram flour, cream (**MILK**), Butter (**MILK**), maize starch, mozzarella cheese (**MILK**), maize flour, rice

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

212 kcal / 882 kJ

Fat:

13.1 g

of which saturates:

5.4 g

Carbohydrates:

11.8 g

of which sugars:

0.3 g

Fibre:

1.4 g

Protein:

10.9 g

Salt:

0.8 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.