



206809C Smoked Haddock & Spring Onion Fishcakes (P



Pack Size: 24 X 80G

Details: A delicious blend of sustainable MSC smoked haddock, spring onions and potato and then coated in crispy gluten-free breadcrumbs.

- Best cooked from frozen
- Suitable for gluten-free diets
- Perfect for starters, light lunches or main courses.

Allergen Information

Contains:

Fish, Milk

Free from:

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

Suitable for:

Halal

Handling Information

Directions For Use:

Cooking guidelines: For best results, cook from frozen.

Deep fry in preheated oil at 180°C for 7-8 minutes.

Oven bake: place on a baking tray in a preheated oven at 200°C for 18-20 minutes.

All cooking appliances vary in performance, these are guidelines only. Always check

Storage Instructions:

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

Product Ingredients

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INGREDIENTS: Potato, water, MSC smoked haddock (**FISH**) (14%) [haddock, salt, colours (Curcumin)], MSC cod (**FISH**) (11%), rapeseed oil, rice flour, potato starch, gram flour, spring onion (4%), cream (**MILK**), dehydrated potato, maize flour, maize starch, salt, white pepper, dextrose,

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

168 kcal / 706 kJ

Fat:

6 g

of which saturates:

0.85 g

Carbohydrates:

20.9 g

of which sugars:

0.4 g

Fibre:

1.5 g

Protein:

6.9 g

Salt:

0.98 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.