

MSC Cod Fishcakes

UNIT: 24 x 113g **SSP:** £9.91



Description

Packed with plenty of fish and flavour, the fishcakes come in a pack size of 24 x 114g. Their tasty crunchy crumb and fish content differentiate them from other varieties on the market, which tend to be covered in breadcrumbs. A quality blend of minced cod and potato, the fishcake – which features the distinctive crunchy crumb – is supplied par-fried. A dual-cook product, it's suitable for both oven cooking and deep frying, making it a convenient product for any caterer.

Certified by the Marine Stewardship Council (MSC), the product is sustain-ably sourced – just like the rest of our fish range. 'Sustainable fishing means leaving enough fish in the ocean, respecting habitats and ensuring people who depend on fishing can maintain their livelihoods', states the MSC site, with the company on a mission to end over-fishing and 'ensure future generations can enjoy the seafood they love'.



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Allergen Information



Cereal



Milk



Eggs



Peanuts



Nuts



Crustaceans



Mustard



Fish



Lupin



Sesame



Celery



Soya



Molluscs



SO2

Specifications

Nutrition

Typical Values	Per 100g/ml
Energy	856 kJ 204 kcal
Fat	7.9 g
- of which saturates	0.9 g
Carbohydrates	19 g
- of which sugars	0.2 g
Fibre	1.1 g
Protein	11.6 g
Salt	1.23 g

Allergens

Contains Cereal	Yes
Contains Gluten	-
Contains Milk	No
Contains Eggs	No
Contains Peanuts	No
Contains Nuts	No
Contains Crustaceans	No
Contains Mustard	No
Contains Fish	Yes
Contains Lupin	No
Contains Sesame	No
Contains Celery	No
Contains Soya	No
Contains Molluscs	No
Contains Sulphur Dioxide	No

Dietary Information

Suitable for Vegetarians	No
Suitable for Vegans	No
Suitable for Sufferers of Lactose Intolerance	Yes
Suitable for Coeliacs	No
Approved for a Halal Diet	No
Approved for a Kosher Diet	No

Ingredients

Haddock (FISH) (40%), Water, Fortified WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Potato Flake (Dried Potato, Emulsifier (E471)), Rapeseed Oil, Salt, Maize Starch, Parsley, Raising agents (E450, E500), Yeast.

Directions for Use

Cook from frozen.
This is raw product, ensure it is cooked thoroughly and piping hot before serving.
These instructions are a guide only. Deep fry at 180°C for 4-5 minutes. Oven bake at 200°C/Gas Mark 6 for 20 - 22 minutes.

Storage Instructions

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

Packaging

GTIN: 5060392095744
Inner GTIN:
Weight/Volume: 24 x 110g
Packaging Type: Polythene Bag

Country of Origin

United Kingdom ()



All Allergen and Nutrition information drawn from www.erudus.com on 19/09/2020