

Product Information Sheet

Product Code 324506

Weight 800g

Product Type Large / Multi-Portion

Product Name Fishcakes

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	776kj	776kj
Energy (kcal)	185kcal	185kcal
Fat	7.1g	7.1g
Saturated	1.2g	1.2g
Monounsaturated	3.2g	3.2g
Polyunsaturated	2.3g	2.3g
Carbohydrate	21g	21g
of which sugars	0.5g	0.5g
Fibre	1.1g	1.1g
Protein	9.2g	9.2g
Sodium	200mg	200mg
Salt equivalent	0.50g	0.50g
Potassium	290mg	290mg

Ingredient Declaration

fish (40%), water, **wheat** flour (with calcium, iron, niacin, thiamin), rapeseed oil, dried potato, salt, yeast, dried parsley, onion extract.

Warnings:

⚠ May contain bones.

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	✓	Alcohol	
Energy Dense		Beef	✓	Beef	
Gluten Free		Celery	✓	Celery	
Low Fat		Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian		Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish		Fish	
Healthier Choice	✓	Garlic	✓	Garlic	
Vegan		Lupin	✓	Gluten	
Soft		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars		Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion		Onion	
High Protein		Peanut	✓	Peanuts	
Easy Chew	✓	Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast	✓	Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye	✓		
		Barley	✓		
		Oats	✓		

Cooking Guidelines (all ovens may vary)

Cook from frozen. Lid on, with corners lifted.

Store at -18°C, do not refreeze once thawed

Product Code 328506
Product Type Small / Twin
Product Name Fishcakes

Weight 200g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	776kj	776kj
Energy (kcal)	185kcal	185kcal
Fat	7.1g	7.1g
Saturated	1.2g	1.2g
Monounsaturated	3.2g	3.2g
Polyunsaturated	2.3g	2.3g
Carbohydrate	21g	21g
of which sugars	0.5g	0.5g
Fibre	1.1g	1.1g
Protein	9.2g	9.2g
Sodium	200mg	200mg
Salt equivalent	0.50g	0.50g
Potassium	290mg	290mg

Ingredient Declaration

fish (40%), water, wheat flour (with calcium, iron, niacin, thiamin), rapeseed oil, dried potato, salt, yeast, dried parsley, onion extract.

Warnings:

⚠ May contain bones.

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	✓	Alcohol	
Energy Dense		Beef	✓	Beef	
Gluten Free		Celery	✓	Celery	
Low Fat		Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian		Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish		Fish	
Healthier Choice	✓	Garlic	✓	Garlic	
Vegan		Lupin	✓	Gluten	
Soft		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars		Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard	✓	Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion		Onion	
High Protein		Peanut	✓	Peanuts	
Easy Chew	✓	Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast	✓	Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye	✓		
		Barley	✓		
		Oats	✓		

Cooking Guidelines (all ovens may vary)

Cook from frozen. Lid on, with corners lifted.

Store at -18°C, do not refreeze once thawed

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