

Paramount Florentine Fish Cake GF - Information

MSC smoked haddock fishcakes with a cheddar cheese sauce centre, wrapped in a gluten free breadcrumb and rice flake coating

Our Product Code: 031135
Suppliers Product Code:
Information Last Updated: 08/05/2025
Date Produced: 14/08/2025



Allergy Information

Key: **Contains** **May Contain**



Sesame



Gluten



Crustaceans



Eggs



Lupin



Nuts



Milk



Celery



Sulphur Dioxide



Soya



Cereal



Peanuts



Fish



Molluscs



Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	212.00
Energy (kJ)	882.00
Protein (g)	10.90
Carb (g)	11.80
Of Which Sugars (g)	0.30
Fat (g)	13.10
Of Which Saturates (g)	5.40
Fibre (g)	1.40
Salt (g)	0.80

Dietary Information

Key: **Suitable for**



Kosher



Vegetarian



Halal



Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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Ingredients

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 flakes, gluten free flour [rice flour, potato starch, tapioca starch, maize flour, buckwheat], potato starch, salt, modified maize starch, raising agents [E450i, E500ii], thickening agents [E461, E415], dextrose, vegetable bouillon [sea salt, potato starch, maltodextrin, yeast extract, onion powder, sugar, garlic powder, herbs, spices, spice extract], white pepper. WARNING: although every care has been taken to remove all bones, some small bones may remain.

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 tray for 18 - 20 minutes. Leave to stand for 1 minute before serving. All cooking appliances vary in performance, these are guidelines only. Always check that the product is piping hot throughout before serving.

Storage Instructions

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

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