



Paramount 21 Gluten Free Florentine Fishcake 114g (24 Pack)

Product Images



Additional Information

| | |
|------------------|---|
| Brand | Paramount 21 |
| Suitable For | Gluten Free |
| Does Not Contain | Celery, Crustacea, Eggs, Gluten, Molluscs, Mustard, Nuts, Peanuts, Sesame, Soybeans, Sulphites, Lupin |

Storage

| | |
|-------------|--------|
| Temperature | Frozen |
|-------------|--------|

Ingredients

| | |
|-------------|---|
| Ingredients | <p>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.</p> <p>WARNING: although every care has been taken to remove all bones, some small bones may remain.</p> |
|-------------|---|

Allergens

| | |
|-----------|-----|
| Celery | No |
| Gluten | No |
| Crustacea | No |
| Eggs | No |
| Fish | Yes |
| Lupin | No |
| Milk | Yes |
| Molluscs | No |
| Mustard | No |
| Nuts | No |
| Peanuts | No |
| Sesame | No |
| Soya | No |
| Sulphites | No |

Dietary Information

| | |
|--------------------------------|-----|
| Approved for a Halal | No |
| Approved for a Kosher Diet | No |
| Suitable for Coeliacs | Yes |
| Suitable for Lactose-Free Diet | No |
| Suitable for a Vegan | No |
| Suitable for a Vegetarian | No |

| | |
|-------------------------------------|----------|
| Carbs per 100g (g) | 11.8 g |
| Carbs of which Sugars per 100g (g) | 0.3 g |
| Fat per 100g (g) | 13.1 g |
| Fat of which Saturates per 100g (g) | 5.4 g |
| Fibre per 100g | 1.4 g |
| Energy per 100g (kcal) | 212 kcal |
| Energy per 100g (kJ) | 882 kJ |
| Protein per 100g (g) | 10.9 g |
| Salt per 100g (g) | 0.8 g |

While every care has been taken to ensure this information is correct, food products are constantly being reformulated and nutrition content may change. We would therefore recommend that you do not rely solely on this information and always check product labels. This does not affect your statutory rights. We do not accept liability for any inaccuracies or incorrect information contained on this site.

Nutritional Information