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## Paramount 21 Spicy WestCountry Crab Cakes 30g (48 Pack)

### Product Images

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## Additional Information

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Brand	Paramount 21
Does Not Contain	Celery, Eggs, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Soybeans, Sulphites, Lupin

## Storage

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Temperature	Frozen
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## Ingredients

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Ingredients	crabmeat (CRUSTACEANS) (26%), Alaska pollack (FISH), WHEAT flour [with calcium, iron, niacin, thiamin], water, mayonnaise [water, sunflower oil, maize starch, sugar, spirit vinegar, salt, lemon juice, stabiliser (xanthan gum), red peppers (4%)], horseradish sauce (4%) [water, milled horseradish, sunflower oil, maize starch, sugar, spirit vinegar, cider vinegar, salt, lemon juice, stabiliser (xanthan gum)], onion, dehydrated potato, shallots, Worcestershire sauce [malt vinegar (BARLEY), spirit vinegar, molasses, sugar, salt, anchovies (FISH), tamarind extract, onion, garlic, spice, flavouring], salt, garlic, yeast, lemon juice concentrate, paprika, cayenne pepper, WHEAT starch, potato starch, coriander, black pepper.
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## Allergens

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

## Dietary Information

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

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Carbs per 100g (g)	20.9 g
Carbs of which Sugars per 100g (g)	1.3 g
Fat per 100g (g)	5.7 g
Fat of which Saturates per 100g (g)	0.5 g
Fibre per 100g	1.4 g
Energy per 100g (kcal)	186 kcal
Energy per 100g (kj)	784 kj
Protein per 100g (g)	11.7 g
Salt per 100g (g)	1.06 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