

73372 | Paramount | 24-114g

## Paramount 21 Gluten Free Thai-Style Cod & Prawn Fishcake



Document published: 04 Sep 2020, 02:42:14 PM

**Disclaimer:** As we do not manufacture we warrant only that we will transmit accurately product data (ingredient and allergen) as are received by us from the manufacturer/supplier of such product. By accepting product and image information you agree to obtain our written permission before you transmit such product data or images outside your business. You agree to check for updates and refer to the packaging at all times because product data change regularly. You must not alter the product data or images. If despite this you choose to do so we will not be responsible.

### Description

|                   |                |
|-------------------|----------------|
| Brand Name        | Paramount      |
| Country of Origin | United Kingdom |

### Ingredients

|  |  |
|--|--|
| Ingredients  | potato (39%) [potato, sunflower oil], coating (21%) [water, rice flour, rapeseed oil, maize starch, EGG albumen, salt, maize flour, raising agents (E500, E450i), dextrose, vegetable fibre, red chilli flakes, colour (E150a), emulsifier (E471), paprika, parsley], cod (FISH) (18%), prawns (CRUSTACEANS) (11%) [prawns, water, salt], rice flour, salt, sugar, maize starch, skimmed MILK powder, parsley, garlic powder, onion powder, ginger, coriander, lemongrass extract, water, dextrose, vegetable fibre, emulsifier (E471), colour (E150a), paprika. |
| Is the product made from at least 65% British ingredients? | No   |
| Contains GM Ingredients                                    | No   |

### Nutrition

|                                    |    |
|------------------------------------|----|
| Servings per Consumer Unit (Inner) | 24 |
|------------------------------------|----|

| Nutrients             | Quantity per 100g/ml |
|-----------------------|----------------------|
| Energy (Kilojoules)   | 690 kJ               |
| Energy (Kilocalories) | 165 kcal             |
| Fat, Total            | 6.2 g                |
| Saturated             | 0.5 g                |
| Carbohydrate          | 20.6 g               |
| Sugars                | 1.5 g                |
| Dietary Fibre, Total  | 1 g                  |
| Protein, Total        | 6.2 g                |
| Salt                  | 1.63 g               |
| Sodium                | 652 mg               |

### Allergens

|  |                  |
|--|------------------|
| Cereals containing Gluten (and products thereof) | Does NOT Contain |
| Wheat (as an ingredient)                         | Does NOT Contain |
| Rye (as an ingredient)                           | Does NOT Contain |
| Barley (as an ingredient)                        | Does NOT Contain |
| Oats (as an ingredient)                          | Does NOT Contain |
| Crustaceans (and products thereof)               | Contains         |
| Egg and Egg Products                             | Contains         |
| Fish and Fish Products                           | Contains         |
| Peanut and Peanut Products                       | Does NOT Contain |
| Soybean and Soybean Products                     | Does NOT Contain |
| Milk and Milk Products                           | Contains         |
| Tree Nuts (and products thereof)                 | Does NOT Contain |
| Almonds (as an ingredient)                       | Does NOT Contain |
| Hazelnuts (as an ingredient)                     | Does NOT Contain |
| Walnuts (as an ingredient)                       | Does NOT Contain |
| Cashews (as an ingredient)                       | Does NOT Contain |
| Pecan nuts (as an ingredient)                    | Does NOT Contain |
| Brazil nuts (as an ingredient)                   | Does NOT Contain |
| Pistachio nuts (as an ingredient)                | Does NOT Contain |
| Macadamia or Queensland nuts (as an ingredient)  | Does NOT Contain |
| Celery / Celeriac (and products thereof)         | Does NOT Contain |
| Mustard (and products thereof)                   | Does NOT Contain |
| Sesame Seeds and Sesame Seed Products            | Does NOT Contain |
| Sulphur Dioxide and Sulphites (>10mg/kg)         | Does NOT Contain |
| Lupin (and products thereof)                     | Does NOT Contain |
| Molluscs (and products thereof)                  | Does NOT Contain |

## Dietary Information

|   |                               |
|---|-------------------------------|
| Halal Certified   | Yes                           |
| Kosher Certified  | No                            |
| Suitable for Vegan  | No                            |
| Suitable for Vegetarian                                       | No                            |
| Organic Certificate   | No Organic certificate        |
| Can any Ethical or Fairly traded claims be made?              | No ethical or fairtrade claim |
| Can any other sustainability claims be made for this product? | None                          |
| Does any other assurance scheme apply to this product?        | No assurance scheme           |

## Preparation Suggestions

|                              |  |
|------------------------------|--|
| Is the product ready to eat? | NA   |
| Reconstitution Instructions  | NA   |
| Oven                         | Oven bake: place on a baking tray in a preheated oven at 200°C for 18-20 minutes.  |
| Oven From Frozen             | NA   |
| Microwave Instructions       | NA   |
| Fry                          | Deep fry: in preheated oil at 180°C for 8-9 minutes<br>Shallow fry: in oil over a medium heat for 6-7 minutes on each side<br>NA |
| Grill                        | Grill: under a medium heat for 10-12 minutes on each side.   |
| Other                        | NA<br>Shallow fry: in oil over a medium heat for 6-7 minutes on each side<br>NA  |

# Packaging

Do you have any packaging environmental claims?

No environmental packaging claim