Supplier's Product Code :	F0607
Product Added :	26 October 2026
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GLUTEN FREE THAI STYLE COD AND PRAWN FISHCAKES

Short Product Name:
GLUTEN FREE THAI STYLE COD AND PRAWN FISHCAKES

Fishcakes made with a blend of pre fried potato, cod & prawns with subtle Thai spices, coated in seasoned chilli and parsley flecked crispy gluten free batter

Traded Unit GTIN: 5024030006073 Internal GTIN: Supplier : Paramount 21 Ltd Suppliers Product Code : F0607

Reference Intake

Each 100g portion contains:

Energy	Fat	Saturates	Sugars	Salt
772kJ 184kcal	8.3g	0.66g	1.3g	1.48g
9%	12%	3%	1%	25%

of your reference intake.

Typical values per 100g : Energy 772kJ 184kcal

Nutritional Information

Typical Values	Per 100g
Energy	772kJ 184kCal
Carbohydrates	20.1g
of which sugars	1.3g
Fat	8.3g
of which saturates	0.66g
Fibre	1.2g
Protein	6.7g
Salt	1.48g

Allergy Information

Key: Contains May Contain

- Does Not Contain Cereal/Gluten (Gluten < 20ppm)
- Contains Milk
- Does Not Contain Eggs
- Does Not Contain Peanuts
- Does Not Contain Nuts
- Contains Crustaceans
- Does Not Contain Mustard
- Contains Fish
- Does Not Contain Lupin
- Does Not Contain Sesame
- Does Not Contain Celery
- Does Not Contain Soya
- Does Not Contain Molluscs
- Does Not Contain Sulphur Dioxide (SO_2)

Dietary Information

Key: Suitable for

- May not be suitable for Vegetarian
- May not be suitable for Vegan
- May not be suitable for Kosher
- Suitable for Halal
- Suitable for Coeliac

Gluten Claim
Gluten content is less than 20ppm.

Allergen Statement
ALLERGY ADVICE: For allergens, see ingredients in **CAPITALS**.

Ingredients

pre-fried potato (26%) [potato, sunflower oil], cod (**FISH**) (17%), water, prawns (**CRUSTACEANS**) (10%) [prawns, water, salt], potato, rice flour, rapeseed oil, gram flour, dehydrated potato, maize starch, salt, potato starch, sugar, amaranth flour, skimmed **MILK** powder, spices (ginger, coriander), parsley, garlic powder, dextrose, onion powder, raising agents (E450(i), E500(ii)), red chilli flakes, lemongrass extract, thickener (E415)