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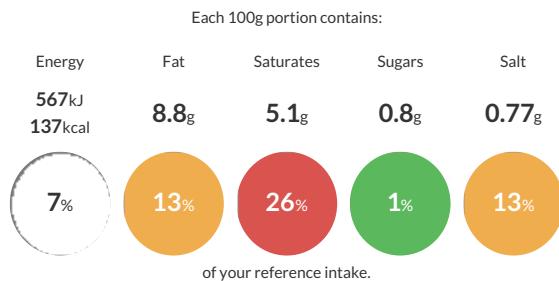
GLUTEN FREE MIXED FISH COQUILLE ST. JACQUES 10 x 200g (excl shell weight)

Short Product Name:
GLUTEN FREE MIXED FISH COQUILLE ST. JACQUES

A scallop shell filled with scallops, prawns, salmon & pollack in a creamy sauce, topped with mashed potato & cheddar cheese

Traded Unit GTIN: [5024030025005](#) Internal GTIN: Supplier: [Paramount 21 Ltd](#) Suppliers Product Code: [F2500](#)

Reference Intake



Typical values per 100g : Energy 567kJ 137kcal

Nutritional Information

Typical Values	Per 100g
Energy	567kJ 137kCal
Carbohydrates	7.2g
of which sugars	0.8g
Fat	8.8g
of which saturates	5.1g
Fibre	1.1g
Protein	6g
Salt	0.77g

Allergy Information

Key: [Contains](#) [May Contain](#)



Gluten Claim

Gluten content is less than 20ppm.

Dietary Information

Key: [Suitable for](#)



Ingredients

Potato (33%), water, cream (MILK) (13%), scallops (MOLLUSCS) (7%), prawns (CRUSTACEANS) (5%), salmon (FISH) (5%), MSC pollack (FISH) (5%), butter (MILK), white wine (contains SULPHITES) (4%), onions, cheddar cheese (MILK) (2%), modified maize starch, vegetable bouillon [sea salt, potato starch, maltodextrin, yeast extract, onion powder, sugar, garlic powder, herbs, spices, spice extract], plain flour [rice flour, potato starch, tapioca starch, maize flour, buckwheat flour], garlic, salt, white pepper, dill, paprika.