



As good as the ones your grandmother made, Comeau's Fish Cakes are made the traditional way, prepared with freshly harvested potatoes and salted fish. Seasoned with onions and spices, they are a perfect meal for any time of the day. Serve with homemade beans, French fries or a salad, at breakfast with eggs and home fries, or just by themselves.



## Fish Cakes



Nutrition Facts	
Valeur nutritive	
Serving Size one fish cake (85 g) Portion une fricadelle (85 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 90</b>	
<b>Fat / Lipides 0.5 g</b>	<b>1 %</b>
Saturated / saturés 0.1 g + Trans / trans 0 g	<b>1 %</b>
<b>Cholesterol / Cholestérol 15 mg</b>	<b>5 %</b>
<b>Sodium / Sodium 310 mg</b>	<b>13 %</b>
<b>Potassium / Potassium 260 mg</b>	<b>7 %</b>
<b>Carbohydrate / Glucides 11 g</b>	<b>4 %</b>
Fibre / Fibres 1 g Sugars / Sucres 1 g	<b>4 %</b>
<b>Protein / Protéines 10 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	2 %
Iron / Fer	8 %

### Preparation

#### & Handling

Cook from frozen.

**Frying pan/grill:** Preheat pan or grill with small amount of butter or cooking oil on medium heat (too much oil or heat will cause a shell to form on the fish cake, burning the outside and leaving the inside uncooked).

Cook 5 minutes on each side.

**Commercial Combi-Oven:** Set at 425°F,(218°C) Convection Mode, Medium Fan 0% humidity. Cook on lined baking sheet for 16-18 minutes, turn half-way.

### Menu Serving Ideas

Serve with:

- Baked beans
- French fries
- A salad or steamed vegetables
- "Chow-Chow" (pickles)

### Product Details

Product Code	CFD2085
Size	3 oz. portion
Case Size	2.27 kg
Purchasing Unit	5 lb case
UPC/SCC	0-62763-02085-5 /100-62763-02085-2

Product Code	CFD2090
Size	(3 x 85 g) 255 g portion, tray pack
Case Size	3.06 kg
Purchasing Unit	12 x 255 g
UPC/SCC	0-62763-02090-9 / 100-62763-02090-6

### Ingredients

Potato, salt pollock and/or salt haddock and/or salt cod, onion, canola oil, soya lecithin, soy protein, soy protein isolate, seasoning, spices, color, artificial flavor.

Contains: fish, soy.  
Please keep frozen.