



Comeau's Reduced Sodium Fish Cakes are traditional style, made with freshly harvested potatoes and a blend of locally processed fresh and salted fish. Seasoned with onions and spices, they are a perfect meal for any time of the day.



Reduced Sodium Fish Cakes

Nutrition Facts	
Valeur nutritive	
Serving Size one fish cake (57 g) Portion une fricadelle de poisson (57 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 60	
Fat / Lipides 0.3 g	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 160 mg	7 %
Carbohydrate / Glucides 7 g	2 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 0 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	0 %
Iron / Fer	6 %

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
 - A salad or steamed vegetables
 - "Chow-Chow" (pickles)
 - Mango chutney and a lemon or lime cilantro mayo

Product Details

Product Code	CFD2086
Size	2 oz. portion
Case Size	2.27 kg
Purchasing Unit	5 lb case
UPC	0-62763-02086-2
SCC	100-62763-02086-9

Ingredients

Potato, salt, pollock and/or salt haddock and/or salt cod, canola oil, soy protein, onion, seasoning, spice, salt, artificial flavor and color.

Please keep frozen.