



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		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories / Calories</b>	130		
<b>Fat / Lipides</b>	5 g	8 %	
Saturated / saturés	0.4 g		
+ Trans / trans	0 g	2 %	
<b>Cholesterol / Cholestérol</b>	15 mg	5 %	
<b>Sodium / Sodium</b>	430 mg	18 %	
<b>Potassium / Potassium</b>	270 mg	8 %	
<b>Carbohydrate / Glucides</b>	11 g	4 %	
Fibre / Fibres	1 g	4 %	
Sugars / Sucres	1 g		
<b>Protein / Protéines</b>	10 g		
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.