



Fruits de mer
ALLIANCE
Seafood Inc.

**Your Year-Round
Seafood Source.**



RegalTM
SEAFOOD BRAND

Homestyle Fish Cakes

Inspired by long time traditions, Regal Fish Cakes are hand made just like mom used to make. Conveniently packaged 6 x 3oz cakes.

NUTRITIONAL FACTS/ VALEUR NUTRITIVE

PER 170 G / PAR 170 G

Amount / Teneur
Calories / Calories 170

Fat / Lipides 1.5g	2%
Saturated / satures 0.3g	2%
+Trans / trans 0g	
Cholesterol / Cholesterol	
Sodium / Sodium 530mg	22%
Carbohydrate / Glucides 21g	7%
Fibre/Fibres 2g	2%
Sugars / Sucres 1g	
Protein / Proteines 21g	

Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	15%
Calcium / Calcium	6%
Iron / Fer	8%

Ingredients: potato, salt fish (cod, pollock), liquid albumen (egg), onion.

Allergens: Cod/pollock, Liquid albumin (egg)

Cooking Instructions

Pan fry for 6 min each side or until golden brown.

Oven bake for 14—16 minutes @ 375°F or until desired crispiness. Turn over halfway through cooking for a crisper product.

Product Specifications

No added preservatives or fillers
12 x 6 (3oz/85g)
Hand made in the Maritimes

SCC Code	10879601002051
Product Code	601000
Case Dimension (cm)	42 l x 25 w x 15 h
Ti - Hi	12 x 7



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