

07411 | Young's | 60-50g

Young's Breaded Salmon Fishcakes

Tasty salmon fishcakes made with tender salmon pieces and mashed potato wrapped in golden breadcrumbs.

Document Published: 14 Oct 2025, 02:16:24 am

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Description

Legal Product Name	YOUNGS BREDED SALMON FISHCAKE 50G
Unique Marketing Statement	Tasty salmon fishcakes made with tender salmon pieces and mashed potato wrapped in golden breadcrumbs.
Brand Name	Young's

Ingredients

Ingredients	Atlantic Salmon (36%) (FISH), Partially Reconstituted Dried Potato, Fortified WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Sunflower Oil, Rapeseed Oil, Water, Palm Oil, Salt, Stabiliser: Mehtycellulose; Yeast, Parsley, Turmeric, Black Pepper Extract, Colour: Capsanthin; Parsley Extract.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

Nutrition

Servings per Consumer Unit (Inner)	60
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	1219 kJ
Energy (Kilocalories)	293 kcal
Fat, Total	18.1 g
Saturated	2.3 g
Carbohydrate	22.8 g
Sugars	0.4 g
Dietary Fibre, Total	2.1 g
Protein, Total	8.6 g
Salt	1.1 g
Sodium	440 mg

Allergens

Cereals containing Gluten (and products thereof)	Contains
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Wheat	Contains
Rye	Does NOT Contain
Barley	Does NOT Contain
Oats	Does NOT Contain
Crustaceans (and products thereof)	Does NOT Contain
Egg and Egg Products	Does NOT Contain
Fish and Fish Products	Contains
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Does NOT Contain
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds	Does NOT Contain
Hazelnuts	Does NOT Contain
Walnuts	Does NOT Contain
Cashews	Does NOT Contain
Pecan nuts	Does NOT Contain
Brazil nuts	Does NOT Contain
Pistachio nuts	Does NOT Contain
Macadamia or Queensland nuts	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Does NOT Contain
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	No
Suitable for Vegetarian	No

Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

Preparation Suggestions

Is the product ready to eat?	No
Reconstitution Instructions	n/a
Oven	15 mins to oven bake - 220°C / Fan 190°C / Gas Mark 7• Pre-heat the oven.• Remove all packaging.• Place product on a baking tray in the centre of the oven and cook for 15 minutes. (Fan oven 13 minutes)
Oven From Frozen	No
Microwave Instructions	No
Fry	5 mins to deep fry – 180°C• Pre-heat the oil.• Remove all packaging.• Gently lower product into the hot oil and cook for 5 minutes.8 mins to shallow fry – medium -low heat• Pre Heat 1 table spoon of oil in a frying pan over a medium low heat.• Remove all packaging.• Gently place the fish cake into the pan and cook for 8 minutes, turning occasionally.No

Grill	No
Other	No8 mins to shallow fry – medium -low heat• Pre Heat 1 table spoon of oil in a frying pan over a medium low heat.• Remove all packaging.• Gently place the fish cake into the pan and cook for 8 minutes, turning occasionally.No

Packaging

Do you have any packaging environmental claims?	No environmental packaging claim
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