



## Crumbed Fish with Seasoned Wedges

Lightly crumbed fish with tasty potato wedges, fruit chutney, carrots and beans.

Fish is filled with omega-3 fatty acids and vitamins such as D and B2. It is also rich in calcium and phosphorus and the minerals iron, zinc, iodine, magnesium, and potassium.



### Ingredients

Crumbed **Fish** (27%) [Flounder Fillets (**Fish**), Crumbs [Maize Flour, Rice Flour, Dextrose (Tapioca, Maize), Salt, Canola Oil, Mineral Salts (400, 500)], Canola Oil, Thickener (1404), Rice Flour, Water, Maize Starch, Salt, Yeast Extract, Dehydrated Vegetables, Mineral Salts (500, 541), Vegetable Gum (412), Spices (Pepper)], Cajun Wedges (27%) [Potatoes, Cajun Spice Mix (Oregano, Thyme, Garlic, & Onion Powder, Sweet Paprika, Hot Paprika, Pepper), Oil], Carrots, Beans, Chutney [Tomato, Apple, Sultanas, Water, Sugar, Onion, Thickener (1422), Salt, Food Acid (260), Salt, Treacle, Garlic, Spices, Pimento, Colour (150c), Mustard Seeds], Parsley. **CONTAINS FISH. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.**

### Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1983kJ (476Cal)	536kJ (129Cal)
Protein:	14.8g	4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	18.1g	4.9g
--Saturated:	2.6g	0.7g
Carbohydrates:	58.8g	15.9g
--Sugars:	14.1g	3.8g
Dietary Fibre:	9.2g	2.5g
Folate:	99.9ug (50% RDI)	27ug
Sodium:	844mg	228mg
Potassium:	1088mg	294mg
Phosphorus:	381mg (38% RDI)	103mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.