



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

Fish (27%) [Flounder Fillets, Crumbs {Maize Flour, Rice Flour, Dextrose (Tapioca, Maize), Salt, Canola Oil, Mineral Salts (450, 500)}, Canola Oil, Thickener (1404), Rice Flour, Water, Maize Starch, Salt, Yeast Extract, Dehydrated Vegetables (Onion & Garlic Powder), Mineral Salts (500, 541), Vegetable Gum (412), Spices (Pepper)], Potato Wedges (26%), Carrots, Beans, Fruit Chutney [Tomato, Apple, Sultanas, Water, Sugar, Onion, Thickener (1422), Salt, Food Acid (260), Treacle, Garlic, Spices, Pimento, Colour (150c), Mustard Seeds], Cajun Spice [Oregano, Thyme, Garlic Powder, Onion Powder, Sweet Paprika, White Pepper, Hot Paprika], Parsley. CONTAINS FISH. MAY CONTAIN FRAGMENTS OF BONE.

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. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health

Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.