Fish Bonne Femme - Minced &Moist - NEW

Level 5 Minced &Moist moulded fish meal with sweet potato, peas, broccoli and a Bonne Femme sauce.

Ingredients

Moulded **Fish** (32%) (**Fish** (63%) (Mineral Salts (450, 451)), Potato Flakes (Emulsifier (471), Acidity Regulator (330)), Mushrooms, Bchamel Sauce (**Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (415)), White Wine (**Sulphites**) (Preservative (220), Antioxidant (300), Calcium Caseinate (Skim **Milk**, Acidity Regulator (513, 527, 526)), Onion, Modified Starch (1422), Canola Oil, Salt, Vegetable Stock Blend (Flavour Enhancer (635)), Pepper), Bonne Femme Sauce (20%) (Bchamel Sauce (Water, **Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (415)), Water, Mushrooms, White Wine (**Sulphites**) (Preservative (220), Antioxidant (300)), Onion, Modified Starch (1422), Canola Oil, Salt, Vegetable Stock Blend (Flavour Enhancer (635))), Sweet Potato Mash (18%) (Sweet Potato (91%) (**Sulphites**) (Preservative (223)), Potato Flakes (8%) (Emulsifier (471), Acidity Regulator (330)), Salt, Vegetable Gum (415)), Moulded Broccoli (15%) (Broccoli (94%), Water, Modified Starch (1422), Vegetable Gum (415), Salt), Moulded Pea (15%) (Peas (66%), Water, Bchamel Sauce (Water, **Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (415)), Modified Starch (1422), Vegetable Stock Blend (Flavour Enhancer (635)), Salt, Thickener (406), Vegetable Gum (412)).

CONTAINS FISH, MILK, SULPHITES. MAY CONTAIN EGG.

Nutritional Details

	Regular Size 340g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1544kj (370Cal)	454kJ (109Cal)
Protein:	23.1g	6.8g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.9g	2.9g
--Saturated:	5.8g	1.7g
Carbohydrates:	43.5g	12.8g
--Sugars:	8.2g	2.4g
Dietary Fibre:	8.5g	2.5g
Sodium:	938mg	276mg
Potassium:	1098mg	323mg

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.