# Fish Bonne Femme - Pureed - NEW

Level 4 Pureed moulded fish meal with sweet potato, peas, broccoli and a Bonne Femme sauce.

## Ingredients

Moulded **Fish** (32%) (**Fish** Bonne Femme (87%) (**Fish** (Salt, Water, Preservative (451)), 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)), Onion, Calcium Caseinate (Skim **Milk**), Modified Starch (1422), Canola Oil, Salt, Vegetable Stock Blend (Flavour Enhancer (635)), White Pepper), Potato Flakes (Emulsifier (471), Acidity Regulator (330)), Calcium Caseinate (Skim **Milk**)), Bonne Femme Sauce (21%) (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 (17%) (Sweet Potato (71%) (**Sulphites**) (Preservative (223)), Water, Potato Flakes (7%) (Emulsifier (471), Acidity Regulator (330)), Calcium Caseinate (Skim **Milk**), Bchamel Sauce (**Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (415)), Vegetable Gum (412), Sugar, Vegetable Stock Blend (Flavour Enhancer (635)), Salt), Moulded Broccoli (15%) (Broccoli (94%), Bchamel Sauce (**Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Salt, Vegetable Gum (415)), Modified Starch (1422), Vegetable Stock Blend (Flavour Enhancer (635)), Agar Agar, Salt, Vegetable Gum (412)), Moulded Pea (15%) (Peas (83%), Water, Bchamel Sauce (**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, Agar Agar, 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: | 1540kj (369Cal) | 453kJ (109Cal) |
| Protein: | 25.2g | 7.4g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 11.2g | 3.3g |
| --Saturated: | 6.5g | 1.9g |
| Carbohydrates: | 36.7g | 10.8g |
| --Sugars: | 7.5g | 2.2g |
| Dietary Fibre: | 5.4g | 1.6g |
| Sodium: | 758mg | 223mg |
| Potassium: | 762mg | 224mg |

**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.