



Lemon Fish with Wedges

Moist baked fish fillet with a tasty lemon sauce served with potato wedges, carrots and broccoli. Lemons are a citrus fruit that is high in vitamin C. As an antioxidant, vitamin C protects cells from oxidative damage. In addition to this, Vitamin C helps the immune system keep colds and flu at bay.



Ingredients

Perch (28%) Wedges (25%) [Potato, Gluten Free Breadcrumbs, Lemon Peel, Oil, Salt, Pepper], Lemon Sauce (17%) [Water, Skim Milk Powder, Cornflour, Canola Oil, Gluten Free Flour (Starch, Maize, Tapioca, Rice Flour, Thickener (464)), Stock Powder (Sea Salt, Maize Maltodextrin, Rice Flour, Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables, Disodium Guanylate and Inosinate, Canola Oil, Caramelised Sugar Syrup (Colour)), Lemon Juice & Zest (0.3%), Fish Stock, Anchovies], Gremolata [Gluten Free Breadcrumbs, Parmesan Cheese, Lemon Zest (0.1%), Parsley, Olive Oil, Garlic, Salt, Pepper], Broccoli, Carrots. CONTAINS FISH, MILK & MILK PRODUCTS. MAY CONTAIN FRAGMENTS OF BONE

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1448kj (347Cal)	362kJ (87Cal)
Protein:	48.8g	12.2g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	3.8g	0.9g
--Saturated:	0.7g	0.2g
Carbohydrates:	25.2g	6.3g
--Sugars:	7.2g	1.8g
Dietary Fibre:	6g	1.5g
Sodium:	444mg	111mg
Potassium:	1184mg	296mg
Phosphorus:	460mg (46% RDI)	115mg

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.