



Salmon Fish Cakes with Sauce

Tasty fish cakes topped with homemade tomato sauce, lightly seasoned potato wedges, peas and carrots.

This meal is high in fibre. Fibre is essential for a healthy digestive system. A combination of soluble and insoluble fibre helps maintain normal intestinal function by affecting the consistency of the stool and affecting digestion of other substances.



Ingredients

Fishcakes (32%) [Potatoes, Salmon (4%), Onions, Carrots, Breadcrumbs, Eggs, Anchovies, Oil, Chives, Parsley, Salt, Pepper], Sauce (10%) [Tomatoes, Onions, Cornflour, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], Potatoes, Peas, Carrots, Cajun Spice Mix [Oregano, Thyme, Garlic and Onion Powders, Sweet and Hot Paprika, Pepper]. CONTAINS GLUTEN, EGGS, FISH. MAY CONTAIN FRAGMENTS OF BONE

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1607kj (385Cal)	423kJ (101Cal)
Protein:	15.6g	4.1g
Fat, Total:	10.6g	2.8g
--Saturated:	2.3g	0.6g
Carbohydrates:	50.5g	13.3g
--Sugars:	9.1g	2.4g
Dietary Fibre:	12.2g	3.2g
Folate:	109.1ug (55% RDI)	28.7ug
Sodium:	570mg	150mg
Potassium:	1041mg	274mg
Phosphorus:	278mg (28% RDI)	73mg

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.