



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, which is essential for a healthy digestive system. A combination of soluble and insoluble fibre helps maintain normal intestinal function.



Ingredients

Fish Cakes (32%) [Potatoes, Salmon (4%) (**Fish**), Onions, Carrots, Breadcrumbs (**Wheat**), **Eggs**, Anchovies (**Fish**), Oil, Chives, Parsley, Salt, Pepper], **Cajun Wedges** [Potatoes, Oregano, Thyme, Garlic And Onion Powders, Sweet And Hot Paprika, Pepper], **Sauce (10%)** [Tomatoes, Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper], **Peas, Carrots, Parsley.**

CONTAINS GLUTEN, WHEAT, EGG, FISH. MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

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. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.