



## Tasmanian Salmon with Florentine Sauce

Salmon topped with a white sauce flavoured with a touch of onion and spinach, white rice enriched with peas and shallots, tender carrots and beans.

Salmon is very high in heart-healthy omega-3 fatty acids and has a great protein content. Our Tasmanian Salmon meal is loaded with various important nutrients as well as being medically low salt - a great Heart Friendly meal!



### Ingredients

Salmon (26%) (**Fish**) Florentine Sauce (21%) [Water, Skim **Milk** Powder, Gluten Free Flour, Oil, Stock Powder (Sea Salt, Maize Maltodextrin, Sugar, Rice Flour, Rice Flour, Natural Vegetable Flavour, Yeast Extract, Disodium Guanylate And Inosinate, Dehydrated Vegetables (Onion, Garlic), Canola Oil, Caramelised Sugar Syrup)], Silverbeet, Onions, **Fish** Stock (Water, **Fish**, Carrots, Celery, Salt, Pepper), Tapioca, Salt, Pepper, Nutmeg], Rice, Peas, Shallots, Stock Powder (Sea Salt, Corn/Maize Maltodextrin, Sugar, Yeast Extract, Dehydrated Vegetables, Natural Vegetable Flavours, Disodium Guanylate & Inosinate, Canola Oil, Chilli), Carrots, Beans, Parsley.

**CONTAINS FISH, MILK. 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<br>(385Cal)           | 423kJ<br>(101Cal)         |
| Protein:            | 31.5g                        | 8.3g                      |
| --Gluten:           | Nil Detected                 | Nil Detected              |
| Fat, Total:         | 12.2g                        | 3.2g                      |
| --Saturated:        | 2.3g                         | 0.6g                      |
| Carbohydrates:      | 35g                          | 9.2g                      |
| --Sugars:           | 7.2g                         | 1.9g                      |
| Dietary Fibre:      | 4.9g                         | 1.3g                      |
| Folate:             | 74.1ug (37% RDI)             | 19.5ug                    |
| Sodium:             | 163mg                        | 43mg                      |
| Potassium:          | 733mg                        | 193mg                     |
| Phosphorus:         | 422mg (42% RDI)              | 111mg                     |

#### 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.