



Barramundi

Lightly battered Barramundi fillet, fluffy pumpkin and potato mash, peas, beans and broccoli.



Ingredients

Barramundi (25%) [Barramundi Fillet, Southern Style Breader (Wheat Flour, Egg Albumin, Mineral Salts (500, 541), Salt, Spices, Flavours {(Wheat) contains Flavour Enhancers (627, 631), Egg}, Canola Oil, Yeast Extract, Dehydrated Vegetables), Water, Breadcrumbs (Wholemeal Wheat Flour, Wheat Flour, Water, Rye Flour, Humectant (422), Gluten, Yeast, Iodised Salt, Vinegar, Canola Oil, Xanthan Gum (415), Malt Barley Flour, Antioxidant (300), Enzymes, Preservative (282), Colour (160a), Vitamin (Thiamine, Folate)), Soy Flour, Wheat Flour, Rice Bran Oil], Potatoes, Pumpkin, Peas, Beans, Broccoli, Pepper. CONTAINS FISH, GLUTEN, EGG, SOY, YEAST PRODUCTS. MAY CONTAIN MILK OR MILK PRODUCTS, SESAME SEEDS. MAY CONTAIN FRAGMENTS OF BONE.

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1397kJ (335Cal)	388kJ (93Cal)
Protein:	24.5g	6.8g
Fat, Total:	10.1g	2.8g
--Saturated:	2.5g	0.7g
Carbohydrates:	36g	10g
--Sugars:	3.2g	0.9g
Dietary Fibre:	8.6g	2.4g
Folate:	120.2ug (60% RDI)	33.4ug
Sodium:	360mg	100mg
Potassium:	986mg	274mg
Phosphorus:	354mg (35% RDI)	98mg

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.