



Lemon Fish with Wedges

Moist baked fish fillet with a tasty lemon sauce served with potato wedges, carrots and broccoli.



Ingredients

Ingredients: Perch (28%), Potato (25%), Broccoli, Carrots, Fish Stock, Lemon Sauce (17%) [Water, Skim Milk Powder, Tapioca, Canola Oil, Gluten Free Flour (Starch, Maize, Tapioca, Rice Flour), Thickener (464)], Stock Powder [Sea Salt, maltodextrin (maize), rice flour, sugar, yeast extract, natural veg flavours, dehydrated vegetables, flavour enhancers (627, 631), Olive Oil, caramel (150a)], Lemon juice (0.1%), Lemon zest/peel (0.2%), Gluten Free Breadcrumbs, Salt, Pepper, Cheese, Parsley, Garlic, Anchovy], Oil. CONTAINS DAIRY, YEAST, FISH. THIS MEAL MAY CONTAIN FRAGMENTS OF BONE

Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1176kj (282Cal)	294kJ (71Cal)
Protein:	31.6g	7.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	4.4g	1.1g
--Saturated:	0.8g	0.2g
Carbohydrates:	25.2g	6.3g
--Sugars:	7.2g	1.8g
Dietary Fibre:	6g	1.5g
Folate:	103.2ug (52% RDI)	25.8ug
Sodium:	396mg	99mg
Potassium:	1328mg	332mg
Phosphorus:	347mg (35% RDI)	87mg

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.