



## Salmon Fish Cakes with Sauce

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



### Ingredients

Salmon Fishcakes (32%) [Potato, Onion, Carrots, Salmon (4%), Breadcrumbs, Egg, Anchovies, Oil, Chives, Parsley, Salt, Pepper], Tomato Sauce (10%) [Tomato, Onion, Tapioca Starch, Water, Celery, Oil, Garlic, Basil, Salt, Pepper], Cajun Spice Mix (Oregano, Thyme, Garlic and Onion Powders, Sweet and Hot Paprika, Pepper). CONTAINS GLUTEN, EGGS, FISH, YEAST. THIS MEAL 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:	399mg	105mg
Potassium:	1493mg	393mg
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.