



## Sweet & Sour Fish

With subtle sweet and savoury flavours, the fish is served with a mix of capsicum, broccoli, carrots and pineapple and moist coconut rice.



### Ingredients

Fish (25%), Coconut Rice [Rice, Water, Light Coconut Cream], Water, Capsicum, Broccoli, Carrots, Pineapple, Coconut, Sweet & Sour Spice Glaze (2.5%) [Sugar, Malt Extract Powder (contains Barley), Vinegar Powder, Wheat Fibre, Salt, Tomato Powder, Vegetable Powders, Thickener (1422), Food Acid (Citric), Vegetable Gums (Guar, Xanthan), Soy Sauce Powder (contains Soybeans, Wheat), Natural Colour (Gardenia Yellow Extract, Malted Barley Extract (contains Gluten), Paprika Oleoresin, Annatto, Carmine), Natural Flavours, Spices, Yeast Extract]. CONTAINS: COCONUT, GLUTEN, SOY, YEAST, FISH. THIS MEAL MAY CONTAIN FRAGMENTS OF BONE

### Nutritional Details

| Nutritional Details | Regular Size 385g Per Serve  |                           |
|---------------------|------------------------------|---------------------------|
|                     | Average Quantity per Serving | Average Quantity per 100g |
| Energy:             | 1213kj<br>(291Cal)           | 315kJ<br>(76Cal)          |
| Protein:            | 28.5g                        | 7.4g                      |
| Fat, Total:         | 3.9g                         | 1g                        |
| --Saturated:        | 1.5g                         | 0.4g                      |
| Carbohydrates:      | 32.7g                        | 8.5g                      |
| --Sugars:           | 15g                          | 3.9g                      |
| Dietary Fibre:      | 4.2g                         | 1.1g                      |
| Folate:             | 56.2ug (28% RDI)             | 14.6ug                    |
| Sodium:             | 443mg                        | 115mg                     |
| Potassium:          | 866mg                        | 225mg                     |
| Phosphorus:         | 389mg (39% RDI)              | 101mg                     |

#### 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.