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%), Florentine Sauce (21%) [Water, Skim Milk Powder, Gluten Free Flour, Oil, Stock Powder (Sea Salt, Maize Maltodextrin, Rice Flour, Sugar, Yeast Extract, Natural Vegetable Flavours, Dehydrated Vegetables, Disodium Guanylate and Inosinate, 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 PEANUTS, TREE NUTS. 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 (385Cal)	423kJ (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. 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.