



## 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.



### Ingredients

Salmon (26%), Rice, Carrots, Beans, Florentine Sauce (21%) [Water, Gluten Free Flour, Canola Oil, Stock Powder, Silverbeet, Fish Stock (Water, Green Leaf Vegetable, Fish, Onion), Milk, Tapioca, Salt, Pepper, Nutmeg], Peas, Shallot, Vegetable Stock Powder (Southern Ocean Sea Salt, Corn/Maize Maltodextrin, Cane Sugar, Yeast Extract, Dehydrated Vegetables (Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate and Inosinate, Canola Oil, Chilli). CONTAINS: FISH, DAIRY AND YEAST PRODUCTS. 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:	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:	308mg	81mg
Potassium:	866mg	228mg
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.