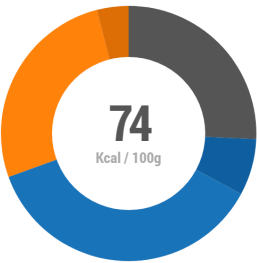


Fish Fingers, potato cubes, beans (actual)

By Sinead Bradbury



CALORIES:

43.8% Carbs

25.7% Protein

30.5% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 198G SERVING	%RI
Energy(Kj)	325 kJ	4%	643 kJ	8%
Energy(kcal)	77 kcal	4%	153 kcal	8%
Fat	2.5 g	4%	5 g	7%
of which saturates	0.3 g	2%	0.7 g	4%
Carbohydrate	8.1 g	3%	16 g	6%
of which sugars	1.3 g	1%	2.6 g	3%
Fibre	1.5 g	6%	3 g	12%
Protein	4.8 g	10%	9.5 g	19%
Salt	0.34 g	6%	0.67 g	11%

CONTAINS:



MAY CONTAIN:



NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 4% RI	74kcal	Saturated Fat 2% RI	0.3307g	Vitamin A (ret eq) 0% RI	1.1ug
Energy(Kj) 4% RI	312kJ	Monounsaturated fat 4% RI	1.2g	Retinol	0.2626ug
		cis-Mono	-	Carotene	-
MACRONUTRIENTS		Polyunsaturated fat 5% RI	0.8529g	Vitamin D 0% RI	0.0003ug
Carbohydrate 3% RI	8.1g	Omega3(n-3) 6% RI	0.1406g	Vitamin E 7% RI	0.7929mg
Protein 10% RI	4.8g	Omega6(n-6) 5% RI	0.7117g	Vitamin K ₁	-
Fat 4% RI	2.5g	cis-Poly	-	Thiamin (B ₁) 8% RI	0.0871mg
Water	29g	Trans-fatty acids	0.0055g	Riboflavin (B ₂) 2% RI	0.0271mg
Water from Drinks	0g	Cholesterol	9.5mg	Niacin total (B ₃) 10% RI	1.6mg
Alcohol	-			Niacin 3% RI	0.4566mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Tryptophan	66mg
Starch	6.8g	Sodium 6% RI	136mg	Pantothenic Acid (B ₅) 1% RI	0.0853mg
Oligosaccharide	-	Potassium 6% RI	122mg	Vitamin B ₆ 4% RI	0.0499mg
Fibre 6% RI	1.5g	Chloride 25% RI	203mg	Folates (B ₉) Total 4% RI	8.2ug
NSP	1.2g	Calcium 2% RI	16.9mg	Vitamin B ₁₂ 16% RI	0.3939ug
Sugars 1% RI	1.3g	Phosphorus 8% RI	55mg	Biotin (B ₇) 2% RI	0.8202ug
Glucose	0.1215g	Magnesium 3% RI	12.6mg	Vitamin C 0% RI	0.0005mg
Galactose	0g	Iron 3% RI	0.4366mg		
Fructose	0.1619g	Zinc 3% RI	0.2525mg	OTHER	
Sucrose	0.7394g	Copper 6% RI	0.0616mg	GI (estimated)	38.7
		Manganese 6% RI	0.1192mg		
		Selenium 10% RI	5.3ug		

Maltose
Lactose

0.3414g
0.0003g

Iodine 20% RI

30.7ug

GL
Caffeine

3.1
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Fish fingers, cod, grilled/baked..

COD FISH FINGERS

GB23

52g

1.86 x 1 fish finger

unchanged

Potato Cubes Actual..

U

106g

unchanged

Baked beans, canned in tomato sauce..

BAKED BEANS

GB23

40g

1 x tablespoon

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



198g / 153kcal

1

INGREDIENT LIST (QUID) ...

Potato Cubes Actual (53.5%) [Potatoes, Seasoning (4%) (Modified Starch, Rice, Flour (**Wheat**), Salt, Garlic Powder, Onion Powder, Spice (Bell Pepper, Black Pepper), Dextrin, Raising Agents (Disodium Diphosphate, Sodium Carbonate), Natural Flavouring (Paprika Extract), Thickener (Xanthan Gum), Sunflower Oil], Cod Fish Fingers (26.3%) (**Wheat**), Baked Beans (20.2%)

ALLERGY ADVICE: For allergens, see ingredients in **Bold**. This product may also contain traces of Milk

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

40g Baked beans (1 x tablespoon)

52g Cod fish fingers (1.86 x 1 fish finger)

106g Potato Cubes Actual ()

METHOD

No Cooking Instructions