



## Barramundi

Lightly battered Barramundi fillet, fluffy pumpkin and potato mash, peas, beans and broccoli. Fish is a great source of minerals such as iron. Iron is essential in our diet and iron-deficiency is quite common in Western countries. Dietary iron exists in two forms: haem iron found in meat, poultry and fish, and non-haem iron found in iron-fortified breakfast cereals, vegetables and nuts.



### Ingredients

Barramundi (25%) [Barramundi Fillet, Southern Style Breader (Wheat Flour, Egg Albumin, Mineral Salts (500,541), Salt, Spices, Flavours {(Wheat) contains Flavour Enhancers (627,631), Egg}, Canola Oil, Yeast Extract, Dehydrated Vegetables), Water, Breadcrumbs (Wholemeal Wheat Flour, Wheat Flour, Water, Rye Flour, Humectant (422), Gluten, Yeast, Salt, Vinegar, Canola Oil, Xanthan Gum (415), Malt Barley Flour, Antioxidant (300), Enzymes, Preservative (282), Colour (160a), Vitamin (Thiamine, Folate)), Soy Flour, Wheat Flour, Rice Bran Oil], Potato Mash [Potatoes, Pumpkin, Skim Milk, Tapioca, Salt, Pepper], Peas, Beans, Broccoli. CONTAINS FISH, WHEAT, RYE, BARLEY, GLUTEN, EGGS, MILK, SOY & THEIR PRODUCTS. MAY CONTAIN SESAME SEEDS, PEANUTS, TREE NUTS. MAY CONTAIN FRAGMENTS OF BONE.

### Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1397kj (335Cal)	388kJ (93Cal)
Protein:	24.5g	6.8g
Fat, Total:	10.1g	2.8g
--Saturated:	2.5g	0.7g
Carbohydrates:	36g	10g
--Sugars:	3.2g	0.9g
Dietary Fibre:	8.6g	2.4g
Folate:	118.8ug (60% RDI)	33ug
Sodium:	227mg	63mg
Potassium:	965mg	268mg
Phosphorus:	354mg (35% RDI)	98mg

#### 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.