



Salmon & Vegetable Pie

Topped with puff pastry, Tasmanian salmon pieces and mixed vegetables combine in a delicious creamy sauce. Served with beans and a mix of potato and sweet potato wedges. Not only are oily fish high in omega-3 fatty acids, salmon is rich in Vitamin D and other essential nutrients. Since the human body can't make large amounts of these essential nutrients, salmon is an excellent addition to our diet.



Ingredients

Salmon Pie (50%) [Salmon (19%), White Sauce (Water, Skim Milk Powder, Tapioca, 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}, Salt, Pepper), Onions, Carrots, Peas, Celery, Garlic, Oil, Tapioca, Parsley, Dill, Salt, Pepper], Potato and Sweet Potato Wedges, Beans, Puff Pastry [Wheat Flour, Water, Margarine (Vegetable Oils, Water, Salt, Emulsifiers (471, Soy Lecithin) Food Acid (330), Flavour, Antioxidant (307b), Colour (160a), Salt, Preservative 202, 281), Food Acid 330], Paprika. CONTAINS GLUTEN, WHEAT, FISH, MILK, SOY. MAY CONTAIN PEANUTS, TREE NUTS. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/BONE FRAGMENTS.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1732kj (415Cal)	433kJ (104Cal)
Protein:	23.6g	5.9g
Fat, Total:	16.4g	4.1g
--Saturated:	4.8g	1.2g
Carbohydrates:	39.2g	9.8g
--Sugars:	10.8g	2.7g
Dietary Fibre:	8g	2g
Sodium:	308mg	77mg
Potassium:	944mg	236mg
Phosphorus:	363mg (36% RDI)	91mg

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.