

Nutrition

	per 100g	per 380g
Energy	482kJ/115kcal	1831kJ/437kcal
Fat	4.8g	18.1g
of which Saturates	2.6g	9.8g
Carbohydrate	10.8g	41.0g
of which Sugars	2.6g	10.0g
Fibre	2.8g	10.7g
Protein	5.9g	22.3g
Salt	0.26g	0.97g

Ingredient Declaration

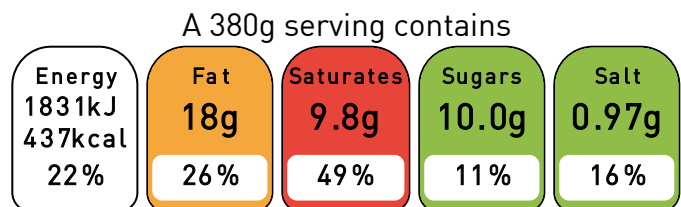
Mashed Potato (24%) (Potato, Water, Potato Flake, Potato Starch, Olive Pomace Oil, Dextrose, Thickener: E464, Salt, White Pepper, Turmeric), Peas (23%), Carrot (21%), Pollock (15%) (#FISH#), Smoked Pollock (#FISH#), Salmon (#FISH#), Double Cream (#MILK#), Hoki (3%) (#FISH#), Red Cheddar Cheese (3%) (#MILK#), Colour E160b, Béchamel Powder (Whey Powder (#MILK#), Skimmed #MILK# Powder, Vegetable Oils (Palm, Fully Hydrogenated Coconut), Thickener: Modified Starch, Salt, Firming Agents: E339ii; E450iii; E516, Gelling Agent: E401, Sugar, Spices, Colour: E160a), Thickener: Modified Maize Starch, White Pepper, Salt

Allergens

Contains Fish 

Contains Milk 

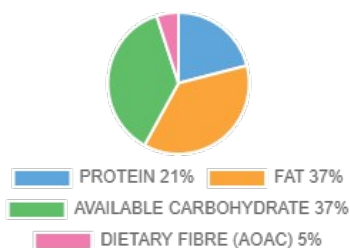
Front of Pack



of an adult's reference intake

Typical values per 100g: 482kJ/115kcal

Energy Contributions



EU Reference Intakes

Per 100g		RI	Quantity	% RI
Energy	kJ	8400	445	5%
Total Fat	g	70.0	4.8	7%
Saturates	g	20.0	2.6	13%
Carbohydrate	g	260.0	10.8	4%
Sugars	g	90.0	2.6	3%
Protein	g	50.0	5.9	12%
Salt	g	6.0	0.26	4%

