

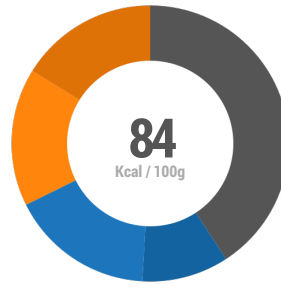
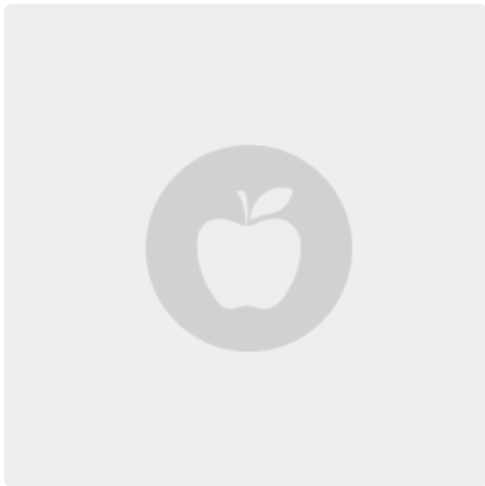
Smoked Haddock with Cheddar Broccoli Sauce

Smarter Naturally

By Joanna Injore from JI Nutrition

Overview ...

U / 9089569



CALORIES:

26.9% Carbs

40.8% Protein

32.3% Fat

Food Labelling...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 622G SERVING	%RI
Energy(Kj)	359 kJ	4%	2234 kJ	27%
Energy(kcal)	85 kcal	4%	532 kcal	27%
Fat	3 g	4%	19 g	27%
of which saturates	1.5 g	8%	9.4 g	47%
Carbohydrate	5.7 g	2%	35 g	13%
of which sugars	2.1 g	2%	13 g	14%
Fibre	0.7 g	3%	4.1 g	16%
Protein	8.5 g	17%	53 g	106%
Salt	0.52 g	9%	3.2 g	53%
HFSS Rating	-1	points		

CONTAINS:



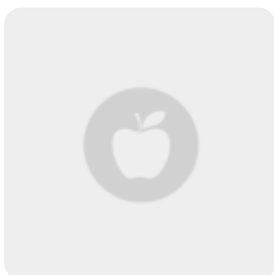
MILK



FISH

Portions / Pack Sizes ...

1 Serving



622g / 532kcal

Ingredient List (QUID) ...

Smarter Naturally Soup (46.6%) [Broccoli (50%), Maltodextrin, Creamer (sunflower Oil, Modified Starch, Glucose Syrup Antioxidant: Extracts Of Rosemary, Potatoes Starch Naturally Flavourings, Onion Powder, Yeast Extract, Salt, Peas Stabiliser: Diphosphate Ground Black Pepper], Semi Skimmed MILK (32.2%), Haddock (22.5%) (FISH), Cheddar Cheese (4.8%) (MILK), Spinach (4%), Garlic (0.96%), Parsley (0.61%), Olive Oil (0.34%), Dried Bay Leaf (0.23%), Chilli Flakes (0.08%)

Recipe Ingredients ...	Quantity:	Description:
Smarter Naturally Soup	290g	1x per serving (250mls boiling water)
Haddock, flesh only, smoked, poached	140g	2.8x Small
Milk, semi-skimmed, pasteurised, average	200g	1.25x Added to instant hot drinks
Garlic, raw	6g	2x Average Portion
Bay leaf, dried	1.4g	2 average
Cheese, Cheddar, English	30g	1x Average grated portion (1/4 cup)
Spinach, baby, raw	25g	1.25 cup
Chilli flakes	0.5g	0.23 teaspoon
Parsley, fresh	3.8g	1 tbsp
Oil, olive	2.1g	1/2 teaspoon

Nutrient Breakdown per 100g...

	Energy	Lipid Components	Vitamins
Energy(kcal) 4% RI	84kcal	Saturated Fat 8% RI	1.5g
Energy(Kj) 4% RI	355kJ	Monounsaturated fat 3% RI	0.8539g
		<i>cis-Mono</i>	-
		Polyunsaturated fat 1% RI	0.1517g
		<i>Omega3(n-3)</i> 2% RI	0.0493g
		<i>Omega6(n-6)</i> 0% RI	0.0536g
		<i>cis-Poly</i>	-
		Trans-fatty acids	0.0922g
		Cholesterol	21.2mg
		Minerals & trace elements	
		Sodium 9% RI	208mg
		Potassium 8% RI	159mg
		Chloride 38% RI	306mg
		Calcium 13% RI	101mg
		Phosphorus 15% RI	102mg
		Magnesium 5% RI	17mg
		Iron 12% RI	1.7mg
		Zinc 15% RI	1.5mg
		Copper 14643% RI	146mg
		Manganese 10% RI	0.1954mg
		Selenium 27% RI	14.8ug
		Iodine 44% RI	66ug
			Other
			GI (estimated)
			GL
			Caffeine