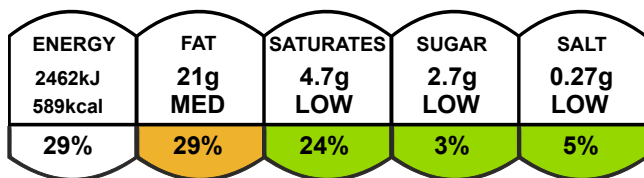


# Blackened Salmon

## Graphics

per serving (420g)



of your reference intake  
Typical values per 100g: Energy 586kJ/140kcal

Typical values	per 100g	per 420g serving
Energy	586kJ 140kcal	2462kJ 589kcal
Fat	4.9g	21g
of which saturates	1.1g	4.7g
Carbohydrate	14g	59g
of which sugars	0.6g	2.7g
Protein	8.6g	36g
Salt	0.06g	0.27g

## Ingredients and Allergens

Cooked Rice, Salmon, Sweet Peppers, Carrots, Onion, Cajun Seasoning.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

47.1%	197.7g	Rice, white, long-grain, regular, enriched, cooked
35.3%	148.3g	Fish, salmon, Atlantic, farmed, raw
5.48%	23g	Peppers, sweet, green, raw
5.48%	23g	Carrots, raw
5.48%	23g	Onions, raw
1.18%	4.94g	cajun seasoning

## Nutrients

	per 100g	per 420 g serving
Energy	586.1kJ	2461.8kJ
Energy	140.2kcal	588.7kcal
Fat	4.9g	20.6g
of which saturates	1.1g	4.7g
Fatty Acids	1.4g	5.8g
Monounsaturated		
Fatty Acids	1.4g	6.0g
Polyunsaturated		
Trans Fatty Acids	0.0g	0.0g
Carbohydrate	14.0g	58.9g
of which sugars	0.6g	2.7g
Added Sugar	0.0g	0.0g
Fibre	0.5g	2.2g
Protein	8.6g	36.3g
Salt	0.06g	0.27g
Sodium	25.5mg	107.0mg
Vitamin A IU	1004.6IU	4219.4IU
Vitamin A RAE	67.3µg	282.5µg
Carotene	0.0µg	0.0µg
Alpha Carotene	191.8µg	805.6µg
Beta Carotene	465.8µg	1956.3µg
Retinol	20.5µg	86.0µg
Beta Cryptoxanthin	0.4µg	1.6µg
Thiamin	0.2mg	0.7mg
Riboflavin	0.1mg	0.3mg
Niacin	3.8mg	16.1mg
Pantothenic Acid	0.8mg	3.2mg
Vitamin B6	0.3mg	1.2mg
Folic Acid	25.9µg	108.7µg
Dietary Folate	57.5µg	241.4µg
Equivalents		
Food Folate	13.2µg	55.5µg
Folate	39.1µg	164.3µg
Vitamin B12	1.1µg	4.8µg
Vitamin C	6.5mg	27.4mg
Vitamin D IU	155.7IU	653.9IU
Vitamin D MCG	3.9µg	16.3µg
Vitamin E	1.3mg	5.6mg
Biotin	0.0µg	0.0µg
Vitamin K	1.3µg	5.6µg
Calcium	11.5mg	48.3mg
Chloride	0.0mg	0.0mg
Choline	29.8µg	125.2µg
Copper	0.1mg	0.2mg
Iodine	0.0µg	0.0µg
Iron	0.7mg	3.1mg
Magnesium	16.9mg	71.1mg
Manganese	0.2mg	1.0mg
Nitrogen	0.0g	0.0g
Phosphorus	109.6mg	460.2mg
Potassium	179.8mg	755.0mg
Selenium	12.0µg	50.6µg
Tryptophan/60	0.0mg	0.0mg
Zinc	0.4mg	1.6mg
Ash	0.7g	2.9g
Cholesterol	19.4mg	81.5mg
Lutein Zeaxanthin	33.0µg	138.4µg

Lycopene	0.1µg	0.2µg
Starch	0.0g	0.0g
Water	70.0g	294.0g

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