

**ASHDALE CATERING***The School Lunch People***Ashdale (Beef Dishes) - Meatballs, Mashed Potato & Vegetables (07/24)**

By Niamh O'Connor from Cork Nutrition Consultancy

OVERVIEW ...

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FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 240G SERVING	%RI
Energy(kJ)	575 kJ	7%	1414 kJ	17%
Energy(kcal)	138 kcal	7%	339 kcal	17%
Fat	7.4 g	11%	18 g	26%
of which saturates	3 g	15%	7.3 g	37%
Carbohydrate	9.3 g	4%	23 g	9%
of which sugars	0.7 g	1%	1.7 g	2%
Fibre	1.8 g	7%	4.4 g	18%
Protein	7.6 g	15%	19 g	38%
Salt	0.71 g	12%	1.8 g	30%



HFSS Rating

0

CONTAINS:



SOYA



SULPHITES

MAY CONTAIN:



CELIAC

OTHER PROPERTIES:



GLUTEN FREE



LOW SUGAR



SOURCE OF PROTEIN

* Protein contributes to a growth in muscle mass

Nutri-Score