



ASHDALE CATERING

The School Lunch People

Ashdale (Hot lunches) - Sausages, Mashed Potato & Veg (06/24)

By Niamh O'Connor from Cork Nutrition Consultancy

OVERVIEW ...

U / 11792400



WEIGHT:

13.3% Carbs

4.4% Protein

5.7% Fat

77% Water

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 230G SERVING	%RI
Energy(kJ)	510 kJ	6%	1172 kJ	14%
Energy(kcal)	122 kcal	6%	280 kcal	14%
Fat	5.5 g	8%	13 g	19%
of which saturates	1.9 g	10%	4.4 g	22%
Carbohydrate	13 g	5%	30 g	12%
of which sugars	0.5 g	1%	0.9 g	1%
Fibre	1.9 g	8%	4.4 g	18%
Protein	4.2 g	8%	9.8 g	20%
Salt	0.91 g	15%	2.1 g	35%

CONTAINS:



WHEAT



MUSTARD



SULPHITES

MAY CONTAIN:



CELERY



SUGAR FREE



SOURCE OF FIBRE



SOURCE OF PROTEIN

* Protein contributes to a growth in muscle mass

Nutri-Score



HFSS Rating

0