



ASHDALE CATERING

The School Lunch People

Ashdale (Roast Dinners) - Roast Turkey, Mashed Potato & Vegetables (07/24)

By Niamh O'Connor from Cork Nutrition Consultancy

OVERVIEW ...

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WEIGHT:

10% Carbs

6.4% Protein

0.8075% Fat

83% Water

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%R	PER 228G SERVING	%R
Energy(kJ)	325 kJ	4%	740 kJ	9%
Energy(kcal)	77 kcal	4%	175 kcal	9%
Fat	0.8 g	1%	1.8 g	3%
of which saturates	0.2 g	1%	0.5 g	3%
Carbohydrate	9.7 g	4%	22 g	8%
of which sugars	0 g	0%	0.5 g	1%
Fibre	2 g	8%	4.5 g	18%
Protein	6.8 g	14%	16 g	32%
Salt	0.88 g	15%	2 g	33%

CONTAINS:



MILK



OLIVATES

MAY CONTAIN:



WHEAT



CELERY



LOW FAT



LOW SATURATED FAT



SUGAR FREE



SOURCE OF FIBRE



HIGH IN PROTEIN

Nutri-Score



HFSS Rating

