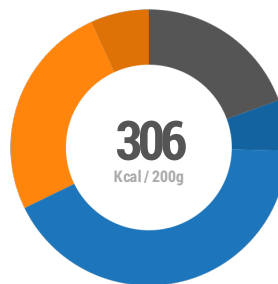
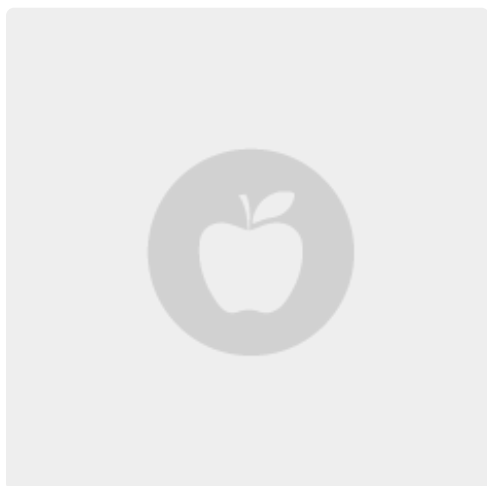


Mackerel Fishcakes

By Jo Saunders

Overview ...

U / 2388745



WEIGHT:

48.4% Carbs

19.4% Protein

32.2% Fat

Food Labelling...

EU Label values per 200g

Serves **1**

	PER 200G	%RI	PER 963G SERVING	%RI
Energy(Kj)	1338 kJ	16%	6441 kJ	77%
Energy(Kcal)	319 kcal	16%	1534 kcal	77%
Fat	11 g	16%	53 g	76%
<i>of which saturates</i>	2.3 g	12%	11 g	55%
Carbohydrate	37 g	14%	179 g	69%
<i>of which sugars</i>	4.5 g	5%	22 g	24%
Fibre	5.9 g	24%	28 g	112%
Protein	15 g	30%	72 g	144%
Salt	0.76 g	13%	3.7 g	62%

CONTAINS:



MAY CONTAIN:



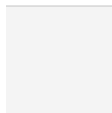
OTHER PROPERTIES:



Nutrient Breakdown per 200g...

Energy	Lipid Components	Vitamins
Energy(Kcal) 15% RI	Saturated Fat 12% RI	Vitamin A (ret eq) 24% RI
Energy(Kj) 15% RI	Monounsaturated fat 8% RI	Retinol
306kcal	<i>cis-Mono</i>	Carotene
1288kJ	Polyunsaturated fat 12% RI	Vitamin D 50% RI
Macronutrients	<i>Omega3(n-3)</i> 59% RI	Vitamin E 18% RI
Carbohydrate 14% RI	<i>Omega6(n-6)</i> 4% RI	Vitamin K ₁ 37% RI
Protein 30% RI	<i>cis-Poly</i>	Thiamin (B ₁) 39% RI
Fat 16% RI	Trans-fatty acids	Riboflavin (B ₂) 22% RI
Water	Cholesterol	Niacin total (B ₃) 44% RI
Water from Drinks	Minerals & trace elements	Niacin
Alcohol	Sodium 13% RI	Tryptophan
Carbohydrate	Potassium 29% RI	Pantothenic Acid (B ₅) 22% RI
Starch	Chloride 64% RI	Vitamin B ₆ 23% RI
Oligosaccharide	Calcium 9% RI	Folic Acid (B ₉) 32% RI
Fibre 24% RI	Phosphorus 40% RI	Vitamin B ₁₂ 103% RI
NSP	Magnesium 19% RI	Biotin (B ₇) 21% RI
Sugars 5% RI	Iron 18% RI	Vitamin C 26% RI
Glucose	Zinc 16% RI	Other
Galactose	Copper 23% RI	GI (estimated)
Fructose	Manganese 56% RI	GL
Sucrose	Selenium 34% RI	Caffeine
Maltose	Iodine 34% RI	
Lactose		

Recipe Ingredients ...	Quantity:	Description:
Potatoes, new and salad, flesh only, raw	300g	
Oatcakes, nairns, organic	115g	
Eggs, chicken, whole, raw	114g	2x Average, Size 3
Sweet potato, boiled in unsalted water, flesh only	100g	0.7x small 5
Broccoli, green, raw	60g	1.6x spear
Peas, frozen, raw	58g	1x Average Portion
Mackerel, flesh only, smoked	50g	0.5x Average Portion
Salmon, wild, flesh only, raw	50g	0.3x medium fillet
Haddock, flesh only, raw	50g	1.1x Small
Flour mix, gluten free	46g	0.5x cup
Spring onions, bulbs and tops, raw	11g	1x Average Portion
Flax Seed (milled or whole)	9g	1x tablespoon (milled)



1 Serving

963g

1475