

Puréed Fish

Nutrition Information

Serving size: **100g (1 piece)**

Serving per package: **6**

	Per Serving	Per 100g
Energy	124kcal	124kcal
Protein	13.7g	13.7g
Total Fat	3.3g	3.3g
Saturated Fat	0.8g	0.8g
Trans Fat	0.0g	0.0g
Cholesterol	39mg	39mg
Carbohydrate	3.1g	3.1g
Total Sugar	0.1g	0.1g
Dietary Fibre	0.2g	0.2g
Sodium	195mg	195mg

Puréed Fish with Bean Sauce

Nutrition Information

Serving size: **100g (1 piece)**

Serving per package: **6**

	Per Serving	Per 100g
Energy	149kcal	149kcal
Protein	18.1g	18.1g
Total Fat	5.3g	5.3g
Saturated Fat	1.0g	1.0g
Trans Fat	0.0g	0.0g
Cholesterol	52mg	52mg
Carbohydrate	2.1g	2.1g
Total Sugar	0.8g	0.8g
Dietary Fibre	0.1g	0.1g
Sodium	139mg	139mg

Puréed Fish with Sweet & Sour

Nutrition Information

Serving size: **100g (1 piece)**

Serving per package: **6**

	Per Serving	Per 100g
Energy	1 1 8kcal	1 1 8kcal
Protein	13.0g	13.0g
Total Fat	3.2g	3.2g
Saturated Fat	0.6g	0.6g
Trans Fat	0.0g	0.0g
Cholesterol	38mg	38mg
Carbohydrate	4.2g	4.2g
Total Sugar	1.3g	1.3g
Dietary Fibre	0.5g	0.5g
Sodium	59mg	59mg

Pur ed Masak Merah Fish

Nutrition Information

Serving size: **100g (1 piece)**

Serving per package: **6**

	Per Serving	Per 100g
Energy	149kcal	149kcal
Protein	18.1g	18.1g
Total Fat	5.3g	5.3g
Saturated Fat	1.0g	1.0g
Trans Fat	0.0g	0.0g
Cholesterol	52mg	52mg
Carbohydrate	2.1g	2.1g
Total Sugar	0.8g	0.8g
Dietary Fibre	0.1g	0.1g
Sodium	139mg	139mg

Puréed Sardine with Onion Fish

Nutrition Information

Serving size: **100g (1 piece)**

Serving per package: **6**

	Per Serving	Per 100g
Energy	211kcal	211kcal
Protein	19.2g	19.2g
Total Fat	12.0g	12.0g
Saturated Fat	3.3g	3.3g
Trans Fat	0.0g	0.0g
Cholesterol	86mg	86mg
Carbohydrate	4.1g	4.1g
Total Sugar	2.2g	2.2g
Dietary Fibre	0.1g	0.1g
Sodium	433mg	433mg