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Analysis and evaluate the suitability of the dish for an adult

### Fish pie

| Typical Values (cooked as per instructions) | per 100g | per pack | % based on RI for Average Adult |
|---|----------|----------|---------------------------------|
| <b>Energy</b>                               | 413kJ    | 1461kJ   | -                               |
|   | 98kcal   | 347kcal  | 17%                             |
| <b>Fat</b>                                  | 2.3g     | 8.2g     | 12%                             |
| <b>Saturates</b>                            | 1.3g     | 4.6g     | 23%                             |
| <b>Mono-unsaturates</b>                     | 0.6g     | 2.2g     | -                               |
| <b>Polyunsaturates</b>                      | 0.2g     | 0.7g     | -                               |
| <b>Carbohydrate</b>                         | 11.9g    | 42.0g    | 16%                             |
| <b>Sugars</b>                               | 0.8g     | 2.9g     | 3%                              |
| <b>Starch</b>                               | 11.0g    | 39.0g    | -                               |
| <b>Fibre</b>                                | 1.0g     | 3.5g     | -                               |
| <b>Protein</b>                              | 6.9g     | 24.4g    | 49%                             |
| <b>Salt</b>                                 | 0.49g    | 1.73g    | 29%                             |

**INGREDIENTS:** Mashed Potato (Potato, Whole Cows' **Milk**, Salt, White Pepper), Water, Whole Cows' **Milk**, Alaska Pollock (**Fish**) (10%), Smoked Alaska Pollock (10%) Alaska Pollock (**Fish**), Salt, Colour: Curcumin), Extra Mature Cheddar Cheese (Cows' **Milk**) (2.5%), Cornflour, Single Cream (Cows' **Milk**), Mustard (Water, Black **Mustard** Seeds, Spirit Vinegar, Salt), Lemon Juice, Parsley, Potato Starch, Salt, Glucose, Cheese Powder (Cows' **Milk**), Sunflower Oil, White Pepper, Yeast Extract, Flavouring, Maltodextrin.

### Cottage pie

|                         | per 100g | per pack | % based on RI for Average Adult |
|-------------------------|----------|----------|---------------------------------|
| <b>Energy</b>           | 494kJ    | 1888kJ   | -                               |
|                         | 118kcal  | 451kcal  | 23%                             |
| <b>Fat</b>              | 5.1g     | 19.5g    | 28%                             |
| <b>Saturates</b>        | 2.3g     | 8.8g     | 44%                             |
| <b>Mono-unsaturates</b> | 2.2g     | 8.4g     | -                               |
| <b>Polyunsaturates</b>  | 0.4g     | 1.4g     | -                               |
| <b>Carbohydrate</b>     | 10.0g    | 38.3g    | 15%                             |
| <b>Sugars</b>           | 1.6g     | 6.1g     | 7%                              |
| <b>Starch</b>           | 7.2g     | 27.5g    | -                               |
| <b>Fibre</b>            | 1.2g     | 4.7g     | -                               |
| <b>Protein</b>          | 7.4g     | 28.1g    | 56%                             |
| <b>Salt</b>             | 0.44g    | 1.66g    | 28%                             |

**INGREDIENTS:** Potato (43%), British Beef (28%), Onion, Red Wine (4%), Carrot, Extra Mature Cheddar Cheese (2%) (Cows' **Milk**), **Celery**, Butter (Cows' **Milk**), Breadcrumb (Fortified Wheat Flour (**Wheat** Flour, Palm Oil, Salt, Yeast), Fortified Wheat Flour (**Wheat** Flour,)), Worcester Sauce (Water, Spirit Vinegar, Sugar, Tamarind Extract, Onion, Garlic, Ginger, Concentrated Lemon Juice, Clove, Chilli), Cornflour, Tomato Purée, Whole Cows' **Milk**, Beef Juices, Rapeseed Oil, Salt, Water, Thyme, Colour: Plain Caramel; Yeast Extract, Black Pepper, Caramelised Sugar Syrup, White Pepper.

