



Nutritional information

Cow & Gate Steamed cod & veggies with herb couscous, Foods 7+ months

Composition	Typical values per 100g	Per bowl (200g)	Units
Energy	285	570	kJ
	68	136	kcal
Fat	2.7	5.3	g
of which, saturates	0.3	0.6	g
Carbohydrate	7.5	15.1	g
of which, sugars**	1.8	3.6	g
Fibre	1.5	3.0	g
Protein	2.7	5.4	g
Salt**	0.07	0.14	g

*1 portion of vegetables for a 1 yr old = 40-60g, infants will eat less.

**No added sugar. Contains naturally occurring sugars and salt only.