



Economy - Lamb & Almond Curry

A satisfying curry with tender lean diced lamb leg in mild turmeric curry gravy, fluffy rice with sweet raisins, beans, carrots and corn.



Ingredients

Ingredients: Lamb (23%), Water, Carrots, Beans, Sweetcorn, Onion, Rice, Raisins, Soya extract, Curry powder (1%), Canola oil, Tapioca starch, Maize starch, Cream, Almonds (0.5%), Ginger, Garlic, Salt, Turmeric powder, Chilli powder, Vegetable Gum (415). THIS MEAL CONTAINS TREE NUTS, DAIRY, SOY PRODUCTS, CORN AND SESAME SEEDS

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1360kj (326Cal)	378kJ (91Cal)
Protein:	24.9g	6.9g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	9.3g	2.6g
--Saturated:	2.5g	0.7g
Carbohydrates:	37.7g	10.5g
--Sugars:	8.9g	2.5g
Dietary Fibre:	5.7g	1.6g
Folate:	45.9ug (23% RDI)	12.7ug
Sodium:	294mg	82mg
Potassium:	739mg	205mg
Phosphorus:	251mg (25% RDI)	70mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. Dinners carrying the Heart Friendly Tick have undergone laboratory testing and results for Saturated Fat, Trans Fat, Sodium, Energy, Protein and Fibre or Vegetable content are guaranteed to comply with the criteria. Clients and Health Professionals should use all other calculations as a guide only when recommending or choosing suitable dinners.