



## Economy - Spinach & Diced Lamb Lasagne

Spinach and diced lamb between layers of fresh egg pasta sheets topped with a cheddar cheese crust and served with diced potatoes in a creamy sauce and seasoned carrots.



### Ingredients

Ingredients: Carrots, Potato, Lamb (16%), Water, Spinach (11%), Lasagne sheets (8%) [Durum wheat, Semolina, Egg, Water], Cheese, Whole milk powder, Onion, Tapioca starch, Cous cous, Confectionery butter, Cream, Cheese flavoured powder, Skim milk powder, Maize starch, Salt, Canola oil, Garlic, Vegetable gums (412, 407, 415), Salt, Paprika, Black pepper, Parsley, Nutmeg. THIS MEAL CONTAINS GLUTEN, DAIRY, EGGS, SOY PRODUCTS.

### Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1462kj (351Cal)	385kJ (92Cal)
Protein:	24.3g	6.4g
Fat, Total:	12g	3.2g
--Saturated:	4.7g	1.2g
Carbohydrates:	36.6g	9.6g
--Sugars:	7.6g	2g
Dietary Fibre:	6.4g	1.7g
Folate:	96.9ug (48% RDI)	25.5ug
Sodium:	298mg	78mg
Potassium:	840mg	221mg
Phosphorus:	319mg (32% RDI)	84mg

#### 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.