



Indian Style Lamb Curry - Mild

Tender pieces of lamb in a delicious Indian spiced sauce with rice, broccoli and sweet potato.



Ingredients

Lamb (29%), Rice, Onion, Broccoli, Sweet Potato, Tomato, Zucchini, Peas, Carrot, Tapioca, Vinegar, Curry Powder (0.4%) [Coriander, Turmeric, Fenugreek, Cumin, Salt, Ginger, Garlic Powder, Chilli], Garlic, Oil, Salt, Ginger, Pepper, Mint, Basil.

Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1708kj (410Cal)	438kJ (105Cal)
Protein:	42.9g	11g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	7g	1.8g
--Saturated:	3.1g	0.8g
Carbohydrates:	39.8g	10.2g
--Sugars:	7.8g	2g
Dietary Fibre:	5.8g	1.5g
Folate:	72.9ug (36% RDI)	18.7ug
Sodium:	577mg	148mg
Potassium:	725mg	186mg
Phosphorus:	290mg (29% RDI)	74mg

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.