



Lamb & Mint Burger

With a delicious apple and mint filling, this satisfying lamb patty is served with seasonal baked vegetables, beans and gravy.



Ingredients

Lamb Patty (24%) [Lamb (68%) Mint and Apple Sauce (10%), (Sugar, Water, Apple Pulp, Cider Vinegar, Thickener (1412 from Tapioca), Stabiliser (461), Lemon Concentrate, Salt, Dried Mint (0.2%), Acidity Regulator (330), Preservative (202), Flavour), Rehydrated Onions, Breadcrumbs (Wheat Flour, Water, Yeast, Sugar, Gluten, Vegetable Oil, Salt, Emulsifier (472e), Acidity Regulator (262)), Egg, Whey Protein Concentrate (Milk Protein), Salt, Spices, Hydrolysed Maize Protein, Mineral Salt (451)], Potato, Sweet Potato, Pumpkin, Cauliflower, Beans, Gravy [Thickeners (1422, 415), Tapioca Starch, Milk Solids, Dehydrated Vegetables, Salt, Hydrolysed Vegetable Protein (Maize), Vegetable Oils, Colours (150d, 101), Glucose, Acidity Regulator (330), Mineral Salts (340, 451), Emulsifiers (471, 472e), Rice Flour, Spice Extract]. CONTAINS: GLUTEN, MILK PRODUCTS, YEAST, EGGS, SULPHITE

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1573kj (377Cal)	414kJ (99Cal)
Protein:	19.8g	5.2g
Fat, Total:	15.2g	4g
--Saturated:	7.2g	1.9g
Carbohydrates:	35.7g	9.4g
--Sugars:	12.2g	3.2g
Dietary Fibre:	4.9g	1.3g
Folate:	70.3ug (37% RDI)	18.5ug
Sodium:	524mg	138mg
Potassium:	1277mg	336mg
Phosphorus:	266mg (26% 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.