



Lamb Casserole

Flavoursome home-style lamb casserole served with steamed potatoes, peas, beans, broccoli and carrots.



Ingredients

Potato (31%), Lamb (23%), Onion, Tomato, Beans, Peas, Broccoli, Carrot, Celery, Tapioca, Salt, Parsley, Rosemary, Pepper, Oil.

Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1244kj (298Cal)	311kJ (75Cal)
Protein:	24.4g	6.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.4g	2.1g
--Saturated:	4.4g	1.1g
Carbohydrates:	26.8g	6.7g
--Sugars:	7.2g	1.8g
Dietary Fibre:	8g	2g
Folate:	69.6ug (35% RDI)	17.4ug
Sodium:	628mg	157mg
Potassium:	1144mg	286mg
Phosphorus:	272mg (27% RDI)	68mg

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.