



Lamb Patties With Bubble & Squeak

Tasty lamb patties in a gravy flavoured with a hint of mild mustard, served with bubble and squeak mash, peas, beans and broccoli.



Ingredients

Lamb Nuggets (24%) [Lamb (76%), Onions, Breadcrumbs (Wheat Flour, Water, Yeast, Sugar, Gluten, Vegetable Oil, Salt, Emulsifier (472e), Acidity Regulator (262)), Egg, Whey Protein Concentrate, Salt, Spices, Hydrolysed Maize Protein, Mineral Salt (451)], 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], Mustard, Bubble n Squeak (34%) [Potato, Milk, Peas, Sweet Potato, Pumpkin, Carrots, Parsnips, Breadcrumbs], Broccoli, Beans, Peas, Pepper, Oil. CONTAINS: GLUTEN, YEAST, EGG, MILK PRODUCTS, CORN, SULPHITE

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1520kj (365Cal)	400kJ (96Cal)
Protein:	25.6g	6.8g
Fat, Total:	13.8g	3.6g
--Saturated:	6.3g	1.6g
Carbohydrates:	30.1g	7.9g
--Sugars:	9.8g	2.6g
Dietary Fibre:	7.2g	1.9g
Folate:	93.9ug (46% RDI)	24.7ug
Sodium:	836mg	220mg
Potassium:	1007mg	265mg
Phosphorus:	410mg (38% RDI)	108mg

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.