



Lamb Steak with Rosemary

Tender lamb steak with rosemary flavoured gravy, spinach and potato mash, sweet potato and corn.



Ingredients

Lamb (24%), Potato, 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], Sweet Potato, Corn, Spinach, Milk, Rosemary (0.2%), Garlic, Pepper, Nutmeg. CONTAINS: MILK PRODUCTS, CORN, SULPHITE.

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1524kj (365Cal)	401kJ (96Cal)
Protein:	31.9g	8.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.7g	2.3g
--Saturated:	3.4g	0.9g
Carbohydrates:	35.7g	9.4g
--Sugars:	7.2g	1.9g
Dietary Fibre:	6.1g	1.6g
Folate:	62.7ug (31% RDI)	16.5ug
Sodium:	414mg	109mg
Potassium:	1022mg	269mg
Phosphorus:	380mg (38% RDI)	100mg

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.