



Moroccan Lamb

Enjoy Moroccan spices, raisins and prunes in this tender casseroled lamb served with carrots, beans and cous-cous.



Ingredients

Lamb (24%), Carrots, Beans, Couscous, Water, Onion, Sultanas, Tomato, Prunes, Raisins, Juice, Tapioca, Moroccan Spice Glaze (0.4%)[Maltodextrin, Sugar, Herbs and Spices (contains Wheat), Salt, Vegetable Gums (Xanthan, Methyl Cellulose, Guar) Natural Colour (Paprika Oleoresin), Natural Flavour], Garlic, Ginger, Oil, Vegetable Stock [Southern Ocean Sea Salt, Corn/Maize Maltodextrin, Cane Sugar, Yeast Extract, Dehydrated Vegetables (Onion, Celery, Garlic, Spinach), Natural Vegetable Flavours, Disodium Guanylate and Inosinate, Canola Oil, Chilli], Parsley, Cinnamon, Paprika, Salt, Chilli Powder, Pepper. CONTAINS: GLUTEN YEAST, CHILLI

Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1376kj (330Cal)	372kJ (89Cal)
Protein:	20.4g	5.5g
Fat, Total:	12.6g	3.4g
--Saturated:	5.6g	1.5g
Carbohydrates:	31.1g	8.4g
--Sugars:	23.7g	6.4g
Dietary Fibre:	5.9g	1.6g
Folate:	50.7ug (25% RDI)	13.7ug
Sodium:	240mg	65mg
Potassium:	755mg	204mg
Phosphorus:	244mg (24% RDI)	66mg

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.