



Roast Lamb with Mint Jelly

Lean slices of lamb, delicious home-style brown gravy infused with mint jelly, roast potatoes, roast pumpkin and peas.



Ingredients

Lamb (25%), 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], Pumpkin, Peas, Mint Jelly (5%) [Sugar, Water, Food Acid (260), Pectin (440), Mint Flakes, Flavour, Colour (102, 133, 132)], Canola Oil, Paprika, Salt, Pepper. CONTAINS: MILK PRODUCTS, SULPHITE.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1756kJ (421Cal)	439kJ (105Cal)
Protein:	34.8g	8.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.6g	2.9g
--Saturated:	5.6g	1.4g
Carbohydrates:	39.6g	9.9g
--Sugars:	20.8g	5.2g
Dietary Fibre:	6.4g	1.6g
Folate:	64ug (32% RDI)	16ug
Sodium:	500mg	125mg
Potassium:	1180mg	295mg
Phosphorus:	444mg (45% RDI)	111mg

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.