



## Economy - Lamb & Almond Curry

A satisfying curry with tender lean diced lamb leg in mild turmeric curry gravy, fluffy rice with sweet raisins, beans, carrots and corn. It is estimated that in Australia, up to 5% of the population has iron deficiency or anaemia. Iron is a mineral required to transport oxygen through the blood and is essential for providing energy for daily life. The iron found in lamb is called Heme iron and is more easily absorbed than non-heme iron (found in plants).



### Ingredients

Lamb Curry (50%) [Lamb (29%), Water, Carrots, Onion, Curry Powder, Tapioca Starch, Modified Corn Starch (1422), Cream (**Milk**), **Almond** Meal, Ginger (Food Acid (260), Preservative (202), Vegetable Gum (415, 412), Garlic Canola Oil, Vegetable Protein Extract (**Soy**, Maltodextrin (Corn), Rice Bran Oil), Turmeric, Chilli Powder, Lo Salt], Beans, Carrots and Corn (31%) (Green Beans (8%), Sweet Corn (8%), Carrots, Water, (Vegetable Gum (415), Lo Salt), Raisin Rice (19%) (Water, White Rice (6%), Raisins, Canola Oil, Lo Salt).

**CONTAINS MILK, SOY, ALMONDS.**

### Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1526kj (366Cal)	424kJ (102Cal)
Protein:	26.3g	7.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.7g	3.8g
--Saturated:	4g	1.1g
Carbohydrates:	31.7g	8.8g
--Sugars:	7.6g	2.1g
Dietary Fibre:	7.2g	2g
Sodium:	310mg	86mg
Potassium:	580mg	161mg

#### Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.