



Economy - Spinach & Diced Lamb Lasagne

Spinach and diced lamb between layers of fresh egg pasta sheets topped with a cheddar cheese crust and served with diced potatoes in a creamy sauce and seasoned carrots. Spinach is well-known for its nutritional qualities. It is also low in fat and even lower in cholesterol. Spinach is an excellent source of many vitamins, in particular vitamin K which is important for maintaining bone health. It is difficult to find vegetables richer in vitamin K than spinach.



Ingredients

Carrots (25%), Potato (18%) (Preservative (220) (**Sulphites**)), Lamb (16%), Spinach (11%), Bechamel Sauce (11%) (Water, **Milk** Powder, Clarified Butter (**Milk**), Cream (**Milk**)), Tapioca, Salt, Modified Corn Starch (1420), Vegetable Gum (415)), Lasagne Sheets (8%) (Durum **Wheat** Semolina, **Egg**, Water), Cheddar Cheese (**Milk**), Onions, Couscous (Durum **Wheat** Semolina), Tapioca, Cheese Powder (**Milk**), Citric Acid (330)), Skim **Milk** Powder, Modified Corn Starch (1422), Canola Oil, Garlic, Vegetable Gums (412, 407, 415), Paprika, Pepper, Lo Salt, Parsley, Nutmeg.

CONTAINS GLUTEN, WHEAT, EGGS, MILK, SULPHITES.

Nutritional Details

	Regular Size 370g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1913kJ (459Cal)	517kJ (124Cal)
Protein:	27.8g	7.5g
Fat, Total:	15.5g	4.2g
--Saturated:	8.1g	2.2g
Carbohydrates:	47.4g	12.8g
--Sugars:	11.1g	3g
Dietary Fibre:	7.8g	2.1g
Sodium:	444mg	120mg
Potassium:	1077mg	291mg

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.