



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%) (contains Preservative (220)), Lamb (16%), Spinach (11%), Bechamel Sauce (11%) (Water, Milk Powder (Whole Milk, Milk Solids), Clarified Butter (from Milk), Cream (from Milk), Tapioca, Salt, Modified Corn Starch (1420), Vegetable Gum (415)), Lasagne Sheets (8%) (Durum Wheat, Semolina, Egg, Water), Cheddar Cheese (contains Milk), Onions, Couscous (Durum Wheat Semolina), Tapioca, Cheese Powder (contains Milk, Citric Acid (330)), Skim Milk Powder (contains Milk Solids), Modified Corn Starch (1422), Canola Oil, Garlic, Vegetable Gums (412, 407, 415), Ground Paprika, Pepper, Lo Salt, Dried Parsley, Ground Nutmeg. CONTAINS GLUTEN, EGGS, MILK & MILK PRODUCTS, SULPHITES.

Nutritional Details

Nutritional Details	Regular Size 370g Per Serve	
	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

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.