



Lamb Casserole

Flavoursome home-style lamb casserole served with steamed potatoes, peas, beans, broccoli and carrots.

Lamb meat is a protein rich in the mineral zinc which is essential for growth, healing and a healthy immune system. For those looking for a dairy-free option, this tasty casserole is an excellent pick.



Ingredients

Lamb Casserole (50%) (Lamb (23%), Onions, Potatoes, Tomatoes, Carrots, Tapioca, Salt, Pepper, Rosemary, Celery), Potatoes, Carrots, Beans, Peas, Broccoli, Parsley, Oil.

MAY CONTAIN PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

	Regular Size 400g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1244kJ (298Cal)	311kJ (75Cal)
Protein:	24.4g	6.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.4g	2.1g
--Saturated:	4.4g	1.1g
Carbohydrates:	26.8g	6.7g
--Sugars:	7.2g	1.8g
Dietary Fibre:	8g	2g
Folate:	69.6ug (35% RDI)	17.4ug
Sodium:	232mg	58mg
Potassium:	932mg	233mg
Phosphorus:	272mg (27% RDI)	68mg

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.