



Lamb Steak with Rosemary

Tender lamb steak with rosemary flavoured gravy, spinach and potato mash, sweet potato and corn.

Rosemary is one of the most commonly used herbs in cooking. Not only does it have a wonderful taste and aroma, it also has a wealth of beneficial health effects if regularly added to our diet. It is a good source of Vitamin B6, Magnesium, Potassium, Copper, Vitamin C, Folate, Calcium and Manganese.



Ingredients

Lamb (24%), Potato Mash [Potatoes, Skim Milk, Spinach, Cornflour, Salt, Pepper, Nutmeg], Gravy (15%) [Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Cornflour], Rosemary (0.2%), Garlic], Sweet Potatoes, Corn, Parsley. CONTAINS MILK.

Nutritional Details

Nutritional Details	Regular Size 380g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1524kj (365Cal)	401kJ (96Cal)
Protein:	31.9g	8.4g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	8.7g	2.3g
--Saturated:	3.4g	0.9g
Carbohydrates:	35.7g	9.4g
--Sugars:	7.2g	1.9g
Dietary Fibre:	6.1g	1.6g
Folate:	62.7ug (31% RDI)	16.5ug
Sodium:	190mg	50mg
Potassium:	1045mg	275mg
Phosphorus:	380mg (38% RDI)	100mg

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.