



## Persian Lamb

Tender casseroled lamb delicately spiced with cinnamon and paprika served with lentil and onion rice, sweet potatoes and beans. As white rice does not contain gluten, this meal is a great choice for those who need to follow a Coeliac diet.



### Ingredients

Persian Lamb (38%) Lamb (22%), Onions, Prunes, Juice, Tomatoes, Raisins, Spice Glaze (Maltodextrin, Sugar, Herbs and Spices, Salt, Vegetable Gums {Xanthan, Methyl Cellulose, Guar} Natural Colour {Paprika Oleoresin}, Natural Flavour), Garlic, Ginger, Cornflour, Oil, Cinnamon, Paprika, Salt, Chilli Powder, Pepper], Lentil Rice (Rice, Onions, Lentils, Canola Oil), Sweet Potatoes, Beans.

### Nutritional Details

Nutritional Details	Regular Size 390g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1829kj (439Cal)	469kJ (112Cal)
Protein:	23.8g	6.1g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	12.9g	3.3g
--Saturated:	5.5g	1.4g
Carbohydrates:	53g	13.6g
--Sugars:	17.6g	4.5g
Dietary Fibre:	7g	1.8g
Sodium:	300mg	77mg
Potassium:	983mg	252mg
Phosphorus:	301mg (30% RDI)	77mg

#### 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.