



Redcurrant Lamb with Potato Bake

Tender lamb steak with a flavoursome red currant infused gravy served with delicious potato bake, green beans, peas and carrot rounds.

Redcurrants are filled with vitamins C and K and are a fantastic source of soluble fibre which assists in reducing cholesterol. Inside our digestive system, soluble fibre attaches to cholesterol particles and delivers them out of the body, helping to reduce overall cholesterol levels and the risk of heart disease.



Ingredients

Potato Bake (25%) [Potatoes, Water, Skim Milk, Gluten Free Flour, Mozzarella Cheese, Cornflour, Salt, Pepper], Lamb (23%), Redcurrant Glaze (18%) [Sugar, Redcurrant Juice (33%), Pectin, Citric Acid], Gravy (Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Cornflour, Vinegar], Beans, Carrots, Peas. CONTAINS MILK & MILK PRODUCTS.

Nutritional Details

| Nutritional Details | Regular Size 400g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1572kJ (377Cal) | 393kJ (94Cal) |
| Protein: | 35.2g | 8.8g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 10.8g | 2.7g |
| --Saturated: | 5.2g | 1.3g |
| Carbohydrates: | 30.8g | 7.7g |
| --Sugars: | 18g | 4.5g |
| Dietary Fibre: | 6.4g | 1.6g |
| Folate: | 66.9ug (7% RDI) | 16.7ug |
| Sodium: | 644mg | 161mg |
| Potassium: | 1100mg | 275mg |
| Phosphorus: | 307mg (31% 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.