



Roast Lamb with Mint Jelly

Lean slices of lamb, home-style brown gravy infused with mint jelly, roast potatoes, roast pumpkin and peas.

Our most popular dinner, this is our take on a traditional Sunday roast. Lamb is an exceptional source of nutrients, including zinc. Like iron, the zinc found in lamb meat is more easily absorbed by the body than zinc found in other sources.



Ingredients

Lamb (25%), Gravy [Water, Thickeners (1442, 1422), Salt, Natural Flavour, Vegetable Powders, Colour (150d), Canola Oil, Vegetable Gum (466), Spice, Herbs, Tapioca], Mint Jelly (5%) [Sugar, Water, Vinegar, Mint Leaves, Vegetable Gum (440), Colours (102, 133, 150d), Flavour], Potatoes, Pumpkin, Peas, Oil, Paprika, Salt, Pepper. **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

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1756kj (421Cal)	439kJ (105Cal)
Protein:	34.8g	8.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.6g	2.9g
--Saturated:	5.6g	1.4g
Carbohydrates:	39.6g	9.9g
--Sugars:	20.8g	5.2g
Dietary Fibre:	6.4g	1.6g
Folate:	64ug (32% RDI)	16ug
Sodium:	280mg	70mg
Potassium:	1196mg	299mg
Phosphorus:	444mg (45% RDI)	111mg

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.