



Economy - Lamb & Almond Curry

A satisfying curry with tender lean diced lamb leg in mild turmeric curry gravy, fluffy rice with sweet raisins, beans, carrots and corn.

It is estimated that in Australia, up to 5% of the population has iron deficiency or anaemia. Iron is a mineral required to transport oxygen through the blood and is essential for providing energy for daily life. The iron found in lamb is called Heme iron and is more easily absorbed than non-heme iron (found in plants).



Ingredients

Lamb Curry (50%) [Lamb (29%), Water, Carrots, Onion, Curry Powder, Tapioca Starch, Modified Corn Starch (1422), Cooking Cream (contains Milk), Almond Meal, Ginger (Food Acid (260), Preservative (202), Vegetable Gum (415, 412), Garlic Canola Oil, Vegetable Protein Extract (Soy, Maltodextrin (Corn), Vegetable Oil (Rice Bran)), Turmeric, Chilli Powder, Lo Salt], Beans, Carrots and Corn (31%) (Green Beans (8%), Sweet Corn (8%), Carrots, Water, (Vegetable Gum (415), Lo Salt), Raisin Rice (19%) (Water, White Rice (6%), Raisins, Canola Oil, Lo Salt). CONTAINS MILK, SOY, TREE NUTS (ALMONDS).

Nutritional Details

Nutritional Details	Regular Size 360g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1526kJ (366Cal)	424kJ (102Cal)
Protein:	26.3g	7.3g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	13.7g	3.8g
--Saturated:	4g	1.1g
Carbohydrates:	31.7g	8.8g
--Sugars:	7.6g	2.1g
Dietary Fibre:	7.2g	2g
Sodium:	310mg	86mg
Potassium:	580mg	161mg

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.