

Afghani Lamb - rack of lamb marinated in medjool dates, sultana and cardamom

Serving Size

Serving size 190g

Pack Size

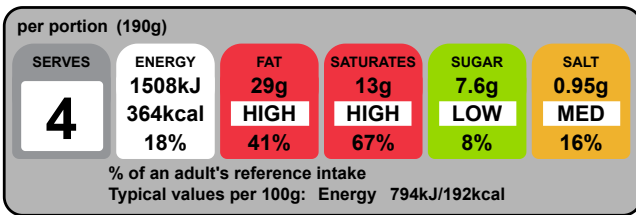
Pack size 760.0g

Number of servings 4

Nutrients

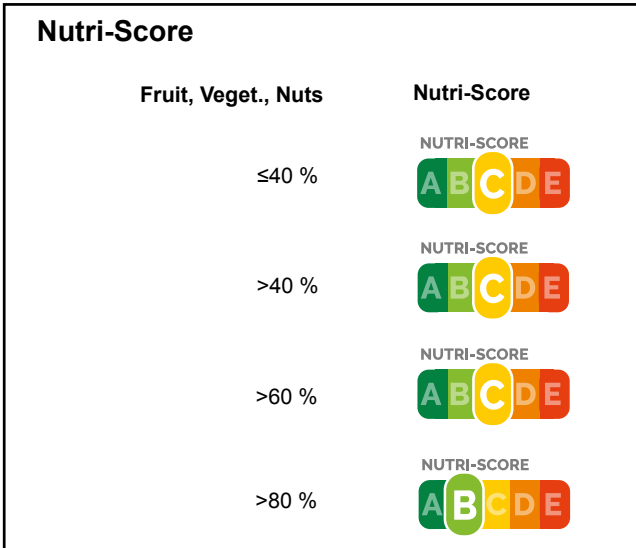
	per 100g	per 190 g serving
Energy	793.6kJ	1507.8kJ
Energy	191.7kcal	364.2kcal
Fat	15.1g	28.8g
of which saturates	7.1g	13.4g
Carbohydrate	4.2g	7.9g
of which sugars	4.0g	7.6g
Added Sugar	0.0g	0.0g
Protein	10.1g	19.2g
Salt	0.50g	0.95g
Vitamin K	1.2µg	2.2µg

Graphics



Typical values	per 100g	per 190g serving
Energy	794kJ 192kcal	1508kJ 364kcal
Fat	15g	29g
of which saturates	7.1g	13g
Carbohydrate	4.2g	7.9g
of which sugars	4.0g	7.6g
Protein	10g	19g
Salt	0.50g	0.95g

Nutrition Facts	Amount / serving		Amount / serving	
		% DV		% DV
4 servings per container Serving size 7oz (190g) Calories per serving 360	Total fat	29g 37%	Total Carbohydrate	9g 3%
	Saturated Fat	13g 67%	Dietary Fiber	less than 2g 0%
	Trans Fat	2g	Total Sugars	8g
	Cholesterol	80mg 27%	Incl. 0g Added Sugars	0%
	Sodium	370mg 16%	Protein	19g
	Vitamin D 2% • Calcium 4% • Iron 10% • Potassium 10%			



Ingredients and Allergens

Rack Of Lamb, Yogurt (**Milk**), Lemon Juice (**Sulphites**), Sultanas (**Sulphites**), Dates, Cream (**Milk**), Onion, Papaya, Rapeseed Oil, Ground Cumin, Green Chilli, Ginger, Salt, Pepper, Cardamon.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

73.3%	139.2g	Lamb, rack of, raw, lean and fat, weighed with bone
9.9%	18.8g	Yogurt, Greek style, plain
3.96%	7.52g	Lemon juice, fresh
2.97%	5.64g	Sultanas
1.98%	3.76g	Dates, medjool
1.98%	3.76g	Cream, fresh, single
1.98%	3.76g	Onions, fried in rapeseed oil
0.99%	1.88g	Papaya, unripe, green flesh, raw
0.99%	1.88g	Oil, rapeseed
0.495%	0.941g	Ground Cumin
0.396%	0.752g	Peppers, capsicum, chilli, green, raw
0.396%	0.752g	Ginger, fresh
0.396%	0.752g	Salt
0.198%	0.376g	Pepper, white
0.099%	0.188g	Cardamon, ground

Notes

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