

## Cycle 3

# Lamb Tagine

Moroccan spiced lamb with onions, peppers, peas, tomatoes and apricots.  
Served over basmati rice



WIMS# 35050

Lamb Tagine	
<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 meal (340 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	
	<b>340</b>
% Daily Value*	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>6%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 65mg	<b>21%</b>
<b>Sodium</b> 1720mg	<b>75%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 3g	<b>9%</b>
Total Sugars 9g	
<b>Protein</b> 26g	
Vitamin D 0.00mcg	0%
Calcium 56mg	5%
Iron 3.4mg	21%
Potassium 633mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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