

# Moroccan Lamb Tagine

Braise of spiced lamb with peppers, onions, and apricots, served over turmeric pearl couscous



Allergens: Tree nuts (almonds), Wheat

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<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 meal (283 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>480</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 21g	<b>26%</b>
Saturated Fat 6g	<b>32%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 45mg	<b>14%</b>
<b>Sodium</b> 1280mg	<b>56%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 5g	<b>17%</b>
Total Sugars 6g	
<b>Protein</b> 22g	
Vitamin D 0.00mcg	<b>0%</b>
Calcium 57mg	<b>5%</b>
Iron 2.2mg	<b>14%</b>
Potassium 630mg	<b>15%</b>

\* 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.