

1000408 Plain Lamb Rumps



Pack Size: X KILO

Details: Boneless lamb rumps, usually about 230g in size but can be cut from 170g to 280g.

Perfect for roasting or slow-cooking as the cut becomes succulent and full of flavour.

*When ordering this product, please note that it is sold by weight (X KILO) so leave the quantity as 1, click on the speech bubble and leave clear instructions about what you require as a message.

Allergen Information

Free from:

Cereal, Celery, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame, Sulphur Dioxide, Soya

Handling Information

Directions For Use:

Cook until Juices run clear and are free from pink colour. Ensure the product is fully cooked before consumption.

Storage Instructions:

Store at <4°C

Product Ingredients

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Lamb

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

114 kcal / 480 kJ

Fat:

2.1 g

of which saturates:

0.6 g

Carbohydrates:

0.5 g

of which sugars:

0.5 g

Fibre:

No Data

Protein:

24 g

Salt:

0.15 g

All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.

