

# Beef Sagwala - Punjabi style sagwala, beef cheek braised overnight with spinach and fenugreek then tempered in garlic

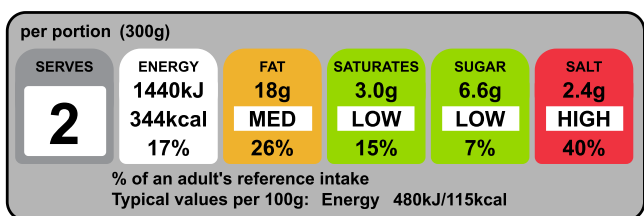
## Serving Size

Serving size	300g
Pack Size	
Pack size	600.0g
Number of servings	2

## Nutrients

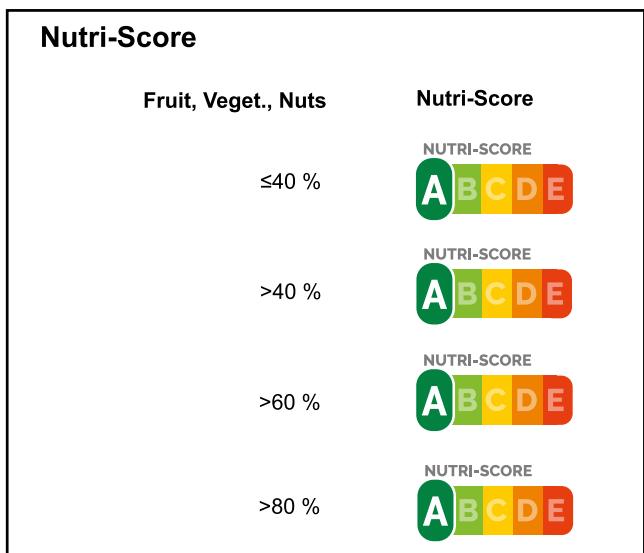
	per 100g	per 300 g serving
Energy	480.1kJ	1440.4kJ
Energy	114.6kcal	343.9kcal
Fat	6.2g	18.5g
of which saturates	1.0g	3.0g
Fatty Acids	3.2g	9.6g
Monounsaturated		
Fatty Acids	1.3g	4.0g
Polyunsaturated		
Trans Fatty Acids	0.0g	0.1g
Carbohydrate	3.6g	10.8g
of which sugars	2.2g	6.6g
Added Sugar	0.0g	0.0g
Fibre	2.3g	7.0g
Protein	13.6g	40.8g
Salt	0.8g	2.4g
Sodium	315.3mg	946.0mg
Vitamin A IU	3386.6IU	10159.8IU
Vitamin A RAE	224.5µg	673.6µg
Carotene	416.4µg	1249.3µg
Alpha Carotene	0.0µg	0.0µg
Beta Carotene	2035.0µg	6104.9µg
Retinol	trace	trace
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.4mg
Riboflavin	0.2mg	0.7mg
Niacin	4.8mg	14.4mg
Pantothenic Acid	0.4mg	1.1mg
Vitamin B6	0.4mg	1.1mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	33.5µg	100.4µg
Equivalent		
Food Folate	33.5µg	100.4µg
Folate	41.1µg	123.2µg
Vitamin B12	1.0µg	2.9µg
Vitamin C	9.9mg	29.8mg
Vitamin D IU	15.5IU	46.5IU
Vitamin D MCG	0.4µg	1.2µg
Vitamin E	1.9mg	5.6mg
Biotin	0.9µg	2.6µg
Vitamin K	119.9µg	359.7µg
Calcium	85.3mg	256.0mg
Chloride	423.8mg	1271.4mg
Choline	6.1µg	18.4µg
Copper	0.1mg	0.4mg
Iodine	6.9µg	20.8µg
Iron	4.5mg	13.5mg
Magnesium	52.8mg	158.4mg
Manganese	0.4mg	1.3mg
Nitrogen	2.0g	6.0g
Phosphorus	144.0mg	432.0mg
Potassium	457.5mg	1372.6mg
Selenium	4.8µg	14.3µg
Tryptophan/60	2.3mg	7.0mg
Zinc	3.2mg	9.7mg
Ash	0.5g	1.4g
Cholesterol	32.4mg	97.3mg
Lutein Zeaxanthin	3374.2µg	10122.7µg
Lycopene	175.6µg	526.9µg
Starch	0.6g	1.7g
Water	0.0g	0.0g

## Graphics



Typical values	per 100g	per 300g serving
Energy	480kJ	1440kJ
	115kcal	344kcal
Fat	6.2g	18g
of which saturates	1.0g	3.0g
Carbohydrate	3.6g	11g
of which sugars	2.2g	6.6g
Protein	14g	41g
Salt	0.80g	2.4g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	<b>Total fat</b>	18g	24%	<b>Total Carbohydrate</b>	18g
<b>Serving size</b>	Saturated Fat	3g	15%	Dietary Fiber	7g	25%
11oz (300g)	Trans Fat	0g		Total Sugars	7g	
<b>Calories</b>	<b>Cholesterol</b>	95mg	32%	Incl. 0g Added Sugars	0%	
<b>per serving</b>	<b>Sodium</b>	950mg	41%	<b>Protein</b>	41g	
	Vitamin D	6%	*Calcium	20%	*Iron	80%
				*Potassium	30%	



## Ingredients and Allergens

Beef, Onion, Spinach, Tomatoes, Beef Soup, Garlic, Rapeseed Oil, Cumin Seeds, Fenugreek Leaves, Green Chilli, Ginger, Chilli Powder, Salt, Ground Coriander, Garam Masala, Cardamon, Ground Cumin, Dried Red Chillies, Turmeric, Black Pepper, Bay Leaf, Cinnamon.

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

35.4%	106.1g	Beef, stewing steak, raw, lean
15.9%	47.7g	Onions, raw
13.3%	39.8g	Spinach, frozen, chopped or leaf, unprepared
8.84%	26.5g	Tomatoes, canned, whole contents
8.84%	26.5g	Spinach, canned, no salt added, solids and liquids
4.42%	13.3g	Soup, stock, beef, home-prepared
2.65%	7.96g	Garlic, raw
2.42%	7.25g	Oil, rapeseed
1.77%	5.3g	Cumin seeds
1.77%	5.3g	Fenugreek leaves, raw
1.33%	3.98g	Peppers, capsicum, chilli, green, raw
0.884%	2.65g	Ginger, fresh
0.884%	2.65g	Chilli powder
0.354%	1.06g	Salt
0.265%	0.796g	Ground Coriander
0.248%	0.743g	Garam masala
0.177%	0.53g	Cardamon, ground
0.159%	0.477g	Ground Cumin
0.133%	0.398g	Crushed Red Chillies, Dried
0.124%	0.371g	Turmeric, ground
0.088%	0.265g	Pepper, black
0.088%	0.265g	Bay leaf, dried
0.027%	0.08g	Cinnamon, ground