

# Beef Vindaloo - Classic vindaloo; 8 hour slow braised brisket simmered in a roasted chilli, cinnamon, peppercorn sauce soured with Goan todi vinegar

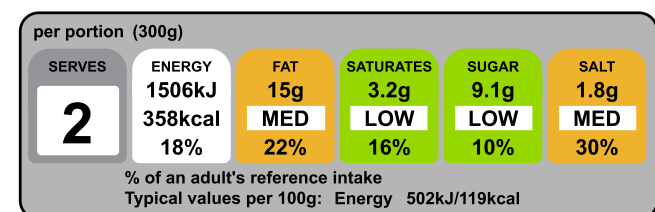
## Serving Size

Serving size 300g

## Pack Size

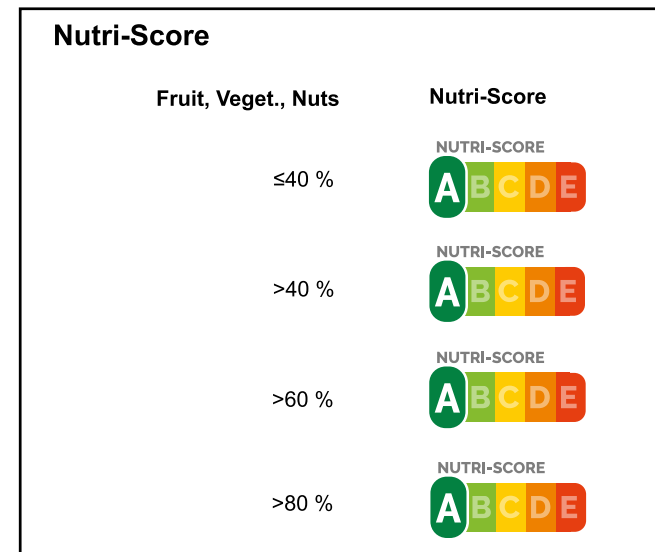
Pack size 600.0g  
Number of servings 2

## Graphics



Typical values	per 100g	per 300g serving
Energy	502kJ 119kcal	1506kJ 358kcal
Fat	5.1g	15g
of which saturates	1.1g	3.2g
Carbohydrate	4.7g	14g
of which sugars	3.0g	9.1g
Protein	14g	43g
Salt	0.59g	1.8g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	Total fat	15g	20%	Total Carbohydrate	19g
Serving size 11oz (300g)	Saturated Fat	3g	16%	Dietary Fiber	5g	17%
Calories per serving 360	Trans Fat	0g		Total Sugars	9g	
	Cholesterol	115mg	39%	Incl. 0g Added Sugars	0%	
	Sodium	700mg	30%	Protein	43g	
	Vitamin D	6%	•Calcium 6%	•Iron 35%	•Potassium 25%	



## Ingredients and Allergens

Beef, Onion, Coconut Milk, Water, Tomato Purée, Garlic, Vinegar, Ginger, Rapeseed Oil, Chilli Powder, Ground Coriander, Salt, Garam Masala, Ground Black Pepper, Cardamom Seeds, Bay Leaf, Black Pepper, Cinnamon, Cloves.

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

46.2%	138.5g	Beef, stewing steak, raw, lean
23.1%	69.2g	Onions, raw
6.92%	20.8g	Coconut milk
5.77%	17.3g	Water, tap, drinking
4.62%	13.8g	Tomato puree
4.04%	12.1g	Garlic, raw
2.88%	8.65g	Vinegar, cider
2.31%	6.92g	Ginger, fresh
2.1%	6.31g	Oil, rapeseed
0.692%	2.08g	Chilli powder
0.462%	1.38g	Ground Coriander
0.288%	0.865g	Salt
0.231%	0.692g	Garam masala
0.173%	0.519g	Black Pepper Coarse Ground
0.15%	0.45g	Cardamom seeds
0.058%	0.173g	Bay leaf, dried
0.027%	0.08g	Pepper, black
0.023%	0.069g	Cinnamon, ground
0.023%	0.069g	Cloves, dried

## Nutrients

	per 100g	per 300 g serving
Energy	502.1kJ	1506.4kJ
Energy	119.5kcal	358.5kcal
Fat	5.1g	15.3g
of which saturates	1.1g	3.2g
Fatty Acids	2.6g	7.8g
Monounsaturated		
Fatty Acids	1.0g	3.1g
Polyunsaturated		
Trans Fatty Acids	0.1g	0.2g
Carbohydrate	4.7g	14.0g
of which sugars	3.0g	9.1g
Added Sugar	0.0g	0.0g
Fibre	1.6g	4.7g
Protein	14.4g	43.3g
Salt	0.6g	1.8g
Sodium	232.6mg	697.7mg
Vitamin A IU	146.7IU	440.2IU
Vitamin A RAE	44.0µg	132.1µg
Carotene	263.9µg	791.7µg
Alpha Carotene	0.0µg	0.0µg
Beta Carotene	95.9µg	287.6µg
Retinol	trace	trace
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.4mg
Riboflavin	0.2mg	0.6mg
Niacin	5.6mg	16.9mg
Pantothenic Acid	0.4mg	1.2mg
Vitamin B6	0.4mg	1.1mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	9.2µg	27.6µg
Vitamin B12	1.2µg	3.5µg
Vitamin C	4.6mg	13.7mg
Vitamin D IU	18.6IU	55.7IU
Vitamin D MCG	0.5µg	1.4µg
Vitamin E	1.1mg	3.3mg
Biotin	1.2µg	3.7µg
Vitamin K	4.0µg	11.9µg
Calcium	30.0mg	90.1mg
Chloride	362.0mg	1086.1mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.3mg
Iodine	7.9µg	23.6µg
Iron	2.1mg	6.2mg
Magnesium	28.7mg	86.0mg
Manganese	0.2mg	0.5mg
Nitrogen	2.3g	6.9g
Phosphorus	141.9mg	425.8mg
Potassium	427.9mg	1283.7mg
Selenium	4.2µg	12.7µg
Tryptophan/60	2.8mg	8.5mg
<b>Zinc</b>	<b>3.5mg</b>	<b>10.6mg</b>
Ash	0.0g	0.0g
Cholesterol	38.9mg	116.7mg
Lutein Zeaxanthin	52.4µg	157.3µg
Lycopene	339.3µg	1017.8µg
Starch	0.8g	2.5g
Water	0.0g	0.0g