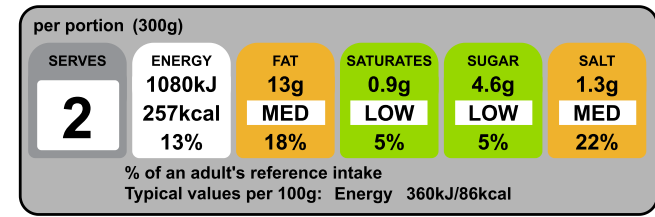


# Bhuna Aloo - Roasted new potatoes simmered in a rich roasted shallot and tomato style bhuna sauce

## Serving Size

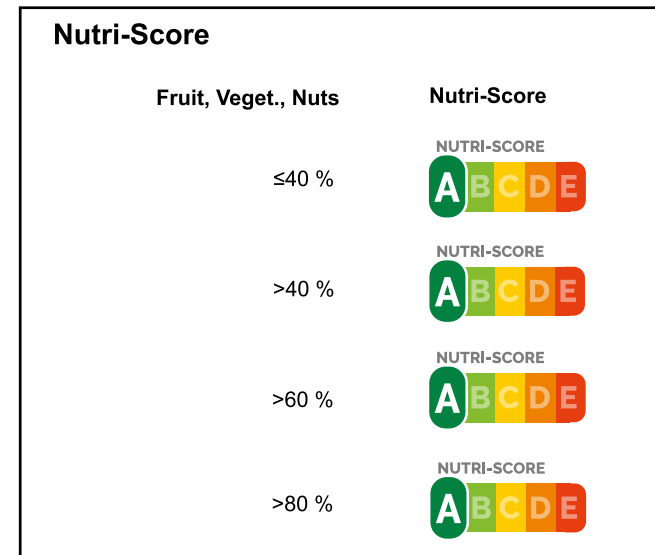
Serving size	300g
Pack Size	
Pack size	600.0g
Number of servings	2

## Graphics



Typical values	per 100g	per 300g serving
Energy	360kJ	1080kJ
	86kcal	257kcal
Fat	4.2g	13g
of which saturates	0.3g	0.9g
Carbohydrate	11g	33g
of which sugars	1.5g	4.6g
Protein	1.8g	5.5g
Salt	0.45g	1.3g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	Total fat	13g	16%	Total Carbohydrate	39g
Serving size 11oz (300g)	Saturated Fat	1g	5%	Dietary Fiber	6g	20%
Calories per serving <b>260</b>	Trans Fat	0g		Total Sugars	5g	
	Cholesterol	0mg	0%	Incl. 0g Added Sugars		0%
	Sodium	530mg	23%	Protein	6g	
	Vitamin D	0%	•Calcium 6%	•Iron 20%	•Potassium 20%	



## Ingredients and Allergens

Potato, Tomatoes, Water, Rapeseed Oil, Garlic, Coriander Leaves, Tomato Purée, Coriander Seeds, Salt, Green Chilli, Ground Coriander, Ground Cumin, Cumin Seeds, Curry Powder (**Mustard**), Garam Masala, Turmeric, Chilli Powder, Fenugreek Leaves, Bay Leaf, Cinnamon, Black Pepper, Cloves, Ginger. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

63.1%	189.2g	Potatoes, new and salad, flesh only, raw
20.6%	61.7g	Tomatoes, standard, raw
4.11%	12.3g	Water, tap, drinking
3.75%	11.2g	Oil, rapeseed
3.43%	10.3g	Garlic, raw
0.823%	2.47g	Coriander leaves, fresh
0.686%	2.06g	Tomato puree
0.411%	1.23g	Coriander seeds
0.411%	1.23g	Salt
0.411%	1.23g	Peppers, capsicum, chilli, green, raw
0.384%	1.15g	Ground Coriander
0.274%	0.823g	Ground Cumin
0.274%	0.823g	Cumin seeds
0.274%	0.823g	Curry powder
0.274%	0.823g	Garam masala
0.206%	0.617g	Turmeric, ground
0.206%	0.617g	Chilli powder
0.206%	0.617g	Fenugreek leaves, raw
0.123%	0.37g	Bay leaf, dried
0.066%	0.197g	Cinnamon, ground
0.014%	0.041g	Pepper, black
0.014%	0.041g	Cloves, dried
0.002%	0.007g	Ginger, fresh

## Nutrients

	per 100g	per 300 g serving
Energy	360.0kJ	1080.0kJ
Energy	85.7kcal	257.0kcal
Fat	4.2g	12.7g
of which saturates	0.3g	0.9g
Fatty Acids	2.4g	7.3g
Monounsaturated		
Fatty Acids	1.2g	3.6g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	11.1g	33.4g
of which sugars	1.5g	4.6g
Added Sugar	0.0g	0.0g
Fibre	1.9g	5.7g
Protein	1.8g	5.5g
Salt	0.4g	1.3g
Sodium	176.2mg	528.6mg
Vitamin A IU	96.3IU	289.0IU
Vitamin A RAE	28.9µg	86.7µg
Carotene	175.7µg	527.0µg
Alpha Carotene	0.3µg	0.9µg
Beta Carotene	124.8µg	374.3µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.4mg
Riboflavin	0.0mg	0.1mg
Niacin	1.0mg	2.9mg
Pantothenic Acid	0.4mg	1.1mg
Vitamin B6	0.1mg	0.4mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	21.8µg	65.4µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	10.8mg	32.5mg
Vitamin D IU	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	1.0mg	3.1mg
Biotin	0.5µg	1.6µg
Vitamin K	8.3µg	24.8µg
Calcium	24.9mg	74.7mg
Chloride	356.1mg	1068.2mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.3mg
Iodine	0.7µg	2.1µg
Iron	1.1mg	3.4mg
Magnesium	19.7mg	59.2mg
Manganese	0.2mg	0.6mg
Nitrogen	0.3g	0.9g
Phosphorus	42.5mg	127.5mg
Potassium	322.3mg	966.9mg
Selenium	0.2µg	0.6µg
Tryptophan/60	0.3mg	1.0mg
Zinc	0.3mg	0.9mg
Ash	0.0g	0.0g
Cholesterol	0.0mg	0.0mg
Lutein Zeaxanthin	28.4µg	85.2µg
Lycopene	144.3µg	433.0µg
Starch	8.9g	26.8g
Water	79.3g	237.9g