

# Chilli Paneer - Indo Chinese streetfood favourite, paneer cooked with bell peppers, onion in a sweet and spicy garlic and chilli sauce

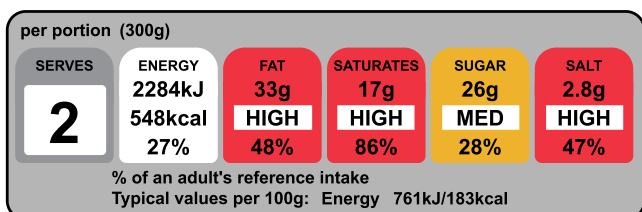
## Serving Size

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

## Nutrients

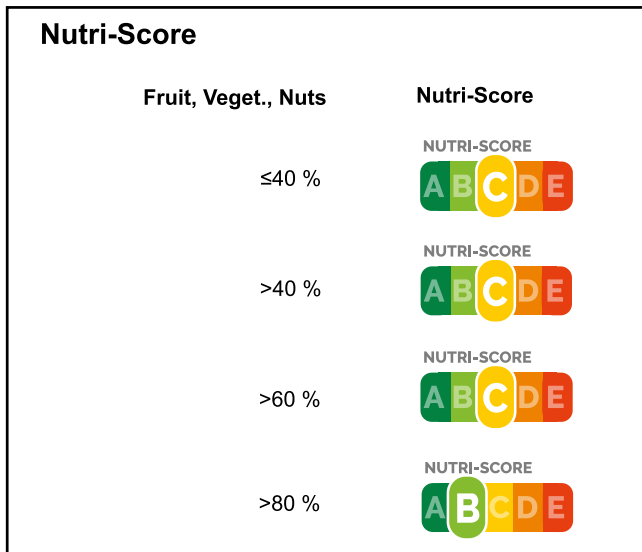
	per 100g	per 300 g serving
Energy	761.2kJ	2283.7kJ
Energy	182.6kcal	547.8kcal
Fat	11.1g	33.3g
of which saturates	5.8g	17.3g
Fatty Acids	3.8g	11.4g
Monounsaturated		
Fatty Acids	1.0g	3.1g
Polyunsaturated		
Trans Fatty Acids	0.5g	1.4g
Carbohydrate	10.1g	30.2g
of which sugars	8.5g	25.5g
Added Sugar	0.2g	0.7g
Fibre	1.0g	3.0g
Protein	10.4g	31.3g
Salt	0.9g	2.8g
Sodium	373.0mg	1119.0mg
Vitamin A IU	550.7IU	1652.0IU
Vitamin A RAE	121.2µg	363.5µg
Carotene	134.1µg	402.4µg
Alpha Carotene	11.8µg	35.5µg
Beta Carotene	223.8µg	671.4µg
Retinol	89.9µg	269.6µg
Beta Cryptoxanthin	15.5µg	46.6µg
Thiamin	0.2mg	0.6mg
Riboflavin	0.1mg	0.4mg
Niacin	3.6mg	10.9mg
Pantothenic Acid	0.0mg	0.1mg
Vitamin B6	0.1mg	0.3mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	2.0µg	6.0µg
Equivalents		
Food Folate	2.8µg	8.4µg
Folate	17.0µg	51.0µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	18.3mg	54.8mg
Vitamin D IU	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	0.9mg	2.7mg
Biotin	0.3µg	0.8µg
Vitamin K	4.1µg	12.2µg
Calcium	204.2mg	612.5mg
Chloride	312.6mg	937.9mg
Choline	1.1µg	3.3µg
Copper	0.0mg	0.1mg
Iodine	0.5µg	1.4µg
Iron	0.4mg	1.2mg
Magnesium	18.6mg	55.8mg
Manganese	0.1mg	0.3mg
Nitrogen	1.6g	4.8g
Phosphorus	159.8mg	479.4mg
Potassium	263.0mg	788.9mg
Selenium	0.1µg	0.4µg
Tryptophan/60	2.9mg	8.8mg
Zinc	1.3mg	3.8mg
Ash	0.3g	1.0g
Cholesterol	0.0mg	0.0mg
Lutein Zeaxanthin	129.3µg	387.8µg
Lycopene	1688.1µg	5064.3µg
Starch	0.8g	2.3g
Water	0.0g	0.0g

## Graphics



Typical values	per 100g	per 300g serving
Energy	761kJ	2284kJ
	183kcal	548kcal
Fat	11g	33g
of which saturates	5.8g	17g
Carbohydrate	10g	30g
of which sugars	8.5g	26g
Protein	10g	31g
Salt	0.95g	2.8g

Nutrition Facts	Amount / serving		% DV		Amount / serving		% DV	
	2 servings per container	Total fat	33g	43%	Total Carbohydrate	33g	12%	
Serving size 11oz (300g)	Saturated Fat	17g	86%	Dietary Fiber	3g	11%		
Calories 550 per serving	Trans Fat	1.5g		Total Sugars	26g			
	Cholesterol	0mg	0%	Incl. 0g Added Sugars	1%			
	Sodium	1120mg	49%	Protein	31g			
	Vitamin D	0%	*Calcium 45%	*Iron 6%	*Potassium 15%			



## Ingredients and Allergens

Paneer (**Milk**), Tomato Ketchup (**Celery**), Hot Pepper Sauce, Water, Onion, Garlic, Sriracha, Red Peppers, Yellow Peppers, Green Peppers, Sweet Chilli Sauce, Rapeseed Oil, Ginger, Soy Sauce (**Soya**), Ground Black Pepper, Monosodium Glutamate E621, Sugar, Vinegar, Salt.

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

33.7%	101g	Cheese, Paneer
18.2%	54.5g	Tomato ketchup
16.8%	50.5g	Sauce, peppers, hot, chili, mature red, canned
5.39%	16.2g	Water, tap, drinking
4.04%	12.1g	Onions, raw
3.37%	10.1g	Garlic, raw
3.37%	10.1g	Sauce, hot chile, sriracha
2.69%	8.08g	Pepper, capsicum, red, raw
2.69%	8.08g	Pepper, capsicum, yellow, raw
2.69%	8.08g	Peppers, capsicum, green, raw
2.22%	6.67g	Sweet chilli sauce
1.84%	5.52g	Oil, rapeseed
1.35%	4.04g	Ginger, fresh
0.505%	1.51g	Soy sauce, light and dark varieties
0.337%	1.01g	Black Pepper Coarse Ground
0.337%	1.01g	MSG Monosodium Glutamate
0.202%	0.606g	Sugar, white
0.168%	0.505g	Vinegar, distilled
0.135%	0.404g	Salt