

Dhaniwal Korma - North Indian style beef korma, beef shin simmered in a bone marrow and caramaelised onion sauce scented with green cardemom

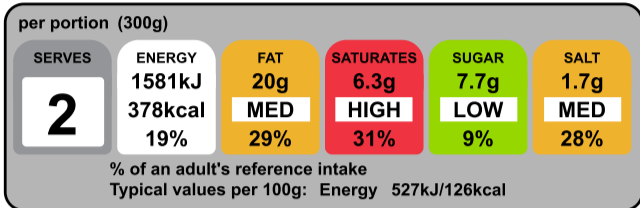
Serving Size

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

Nutrients

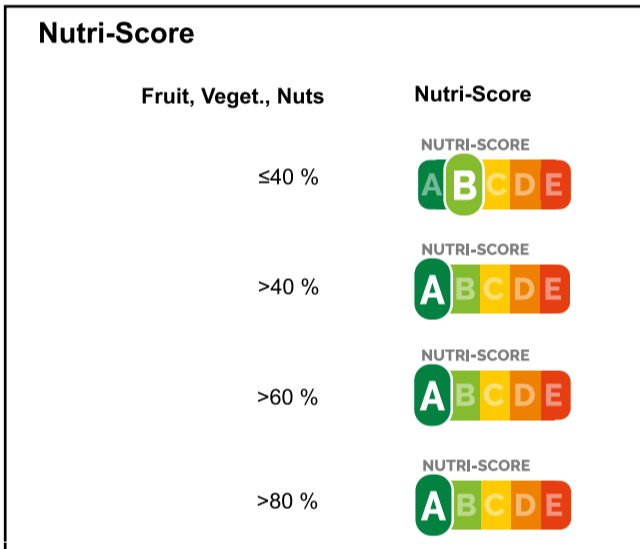
	per 100g	per 300 g serving
Energy	527.0kJ	1581.1kJ
Energy	125.9kcal	377.6kcal
Fat	6.8g	20.4g
of which saturates	2.1g	6.3g
Fatty Acids	2.4g	7.3g
Monounsaturated		
Fatty Acids	1.8g	5.5g
Polyunsaturated		
Trans Fatty Acids	0.1g	0.3g
Carbohydrate	4.0g	12.0g
of which sugars	2.6g	7.7g
Added Sugar	0.1g	0.3g
Fibre	0.9g	2.6g
Protein	12.7g	38.2g
Salt	0.6g	1.7g
Sodium	223.8mg	671.5mg
Vitamin A IU	108.5IU	325.4IU
Vitamin A RAE	32.5µg	97.5µg
Carotene	106.7µg	320.1µg
Alpha Carotene	0.8µg	2.5µg
Beta Carotene	98.9µg	296.8µg
Retinol	14.9µg	44.7µg
Beta Cryptoxanthin	0.1µg	0.2µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.2mg	0.5mg
Niacin	4.9mg	14.7mg
Pantothenic Acid	0.4mg	1.1mg
Vitamin B6	0.2mg	0.7mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	11.6µg	34.8µg
Vitamin B12	0.9µg	2.8µg
Vitamin C	2.6mg	7.7mg
Vitamin D IU	15.4IU	46.3IU
Vitamin D MCG	0.4µg	1.2µg
Vitamin E	0.6mg	1.8mg
Biotin	0.9µg	2.7µg
Vitamin K	8.9µg	26.7µg
Calcium	41.2mg	123.6mg
Chloride	342.6mg	1027.9mg
Choline	0.0µg	0.0µg
Copper	0.2mg	0.5mg
Iodine	9.8µg	29.4µg
Iron	2.0mg	6.1mg
Magnesium	43.0mg	128.9mg
Manganese	0.3mg	0.8mg
Nitrogen	2.1g	6.2g
Phosphorus	148.7mg	446.1mg
Potassium	309.8mg	929.3mg
Selenium	3.4µg	10.2µg
Tryptophan/60	2.7mg	8.2mg
Zinc	2.9mg	8.8mg
Ash	0.0g	0.0g
Cholesterol	33.6mg	100.7mg
Lutein Zeaxanthin	0.2µg	0.5µg
Lycopene	0.0µg	0.0µg
Starch	0.5g	1.4g
Water	0.0g	0.0g

Graphics



Typical values	per 100g	per 300g serving
Energy	527kJ 126kcal	1581kJ 378kcal
Fat	6.8g	20g
of which saturates	2.1g	6.3g
Carbohydrate	4.0g	12g
of which sugars	2.6g	7.7g
Protein	13g	38g
Salt	0.57g	1.7g

Nutrition Facts	Amount / serving		% DV		Amount / serving		% DV	
	2 servings per container	Total fat	20g	26%	Total Carbohydrate	15g	5%	
Serving size 11oz (300g)	Saturated Fat	6g	31%	Dietary Fiber	3g	9%		
Calories per serving 380	Trans Fat	0g		Total Sugars	8g			
	Cholesterol	100mg	34%	Incl. 0g Added Sugars		1%		
	Sodium	670mg	29%	Protein	38g			
	Vitamin D	6%	•Calcium 10%	•Iron 35%	•Potassium 20%			



Ingredients and Allergens

Beef, Onion, Yogurt (**Milk**), Water, Melon Seeds, Coriander Leaves, Ginger, Garlic, Rapeseed Oil, Butter (**Milk**), Cream (**Milk**), Salt, Green Chilli, Ground Coriander, Ground Cumin, Fennel Seeds, Turmeric, Cardamon, Ground Ginger, Sugar, Cardamom Seeds, Cloves, Cinnamon Powder, Ground Cloves.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

43%	128.9g	Beef, stewing steak, raw, lean
26.9%	80.6g	Onions, raw
8.59%	25.8g	Yogurt, low fat, plain
5.37%	16.1g	Water, tap, drinking
4.3%	12.9g	Melon seeds
2.15%	6.44g	Coriander leaves, fresh
1.93%	5.8g	Ginger, fresh
1.93%	5.8g	Garlic, raw
1.47%	4.4g	Oil, rapeseed
1.07%	3.22g	Butter, unsalted
1.07%	3.22g	Cream, fresh, single
0.43%	1.29g	Salt
0.43%	1.29g	Peppers, capsicum, chilli, green, raw
0.322%	0.967g	Ground Coriander
0.215%	0.644g	Ground Cumin
0.215%	0.644g	Fennel seeds
0.193%	0.58g	Turmeric, ground
0.107%	0.322g	Cardamon, ground
0.107%	0.322g	Ginger, ground
0.107%	0.322g	Sugar, white
0.064%	0.193g	Cardamom seeds
0.043%	0.129g	Cloves, dried
0.032%	0.097g	Spices, cinnamon, ground
0.021%	0.064g	Spices, cloves, ground