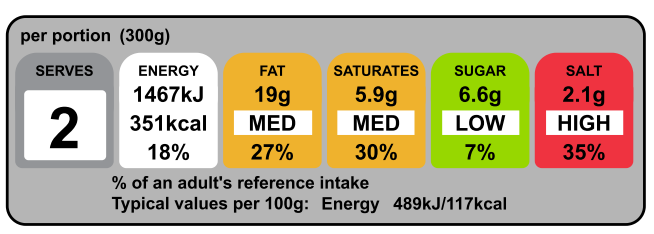


Hyderabadi Keema Mattar - Minced mutton and peas cooked with mint, corriander and roasted chilli sauce, a truly traditional hyderabadi gem

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

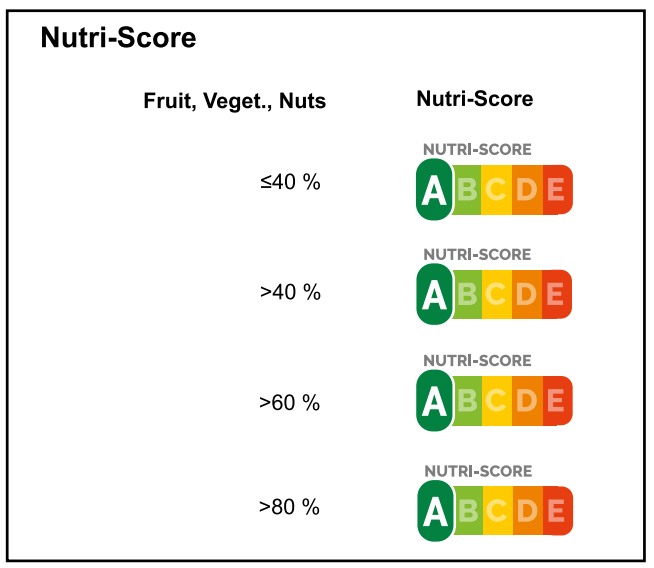
Nutrients		per 100g	per 300 g serving
Energy		488.9kJ	1466.7kJ
Energy		116.9kcal	350.8kcal
Fat		6.3g	18.8g
of which saturates		2.0g	5.9g
Fatty Acids		2.8g	8.3g
Monounsaturated			
Fatty Acids		0.9g	2.8g
Polyunsaturated			
Trans Fatty Acids		0.2g	0.6g
Carbohydrate		3.4g	10.3g
of which sugars		2.2g	6.6g
Added Sugar		0.0g	0.0g
Fibre		1.4g	4.2g
Protein		12.2g	36.7g
Salt		0.7g	2.1g
Sodium		277.7mg	833.2mg
Vitamin A IU		260.3IU	780.9IU
Vitamin A RAE		40.2µg	120.7µg
Carotene		185.1µg	555.3µg
Alpha Carotene		18.9µg	56.6µg
Beta Carotene		156.7µg	470.2µg
Retinol		1.9µg	5.7µg
Beta Cryptoxanthin		0.0µg	0.0µg
Thiamin		0.1mg	0.3mg
Riboflavin		0.1mg	0.4mg
Niacin		4.4mg	13.2mg
Pantothenic Acid		0.5mg	1.4mg
Vitamin B6		0.2mg	0.6mg
Folic Acid		0.0µg	0.0µg
Dietary Folate		2.7µg	8.2µg
Equivalents			
Food Folate		2.7µg	8.2µg
Folate		10.7µg	32.0µg
Vitamin B12		1.2µg	3.7µg
Vitamin C		5.5mg	16.5mg
Vitamin D IU		5.1IU	15.3IU
Vitamin D MCG		0.1µg	0.4µg
Vitamin E		0.8mg	2.4mg
Biotin		0.9µg	2.7µg
Vitamin K		8.3µg	24.9µg
Calcium		27.1mg	81.4mg
Chloride		396.4mg	1189.3mg
Choline		15.0µg	44.9µg
Copper		0.1mg	0.3mg
Iodine		2.7µg	8.1µg
Iron		1.9mg	5.6mg
Magnesium		23.7mg	71.0mg
Manganese		0.2mg	0.5mg
Nitrogen		1.2g	3.6g
Phosphorus		124.4mg	373.3mg
Potassium		311.5mg	934.5mg
Selenium		6.5µg	19.5µg
Tryptophan/60		1.4mg	4.2mg
Zinc		2.1mg	6.2mg
Ash		0.3g	0.9g
Cholesterol		38.5mg	115.4mg
Lutein Zeaxanthin		30.6µg	91.8µg
Lycopene		521.6µg	1564.9µg
Starch		0.7g	2.2g
Water		74.2g	222.7g

Graphics



Typical values	per 100g	per 300g serving
Energy	489kJ	1467kJ
	117kcal	351kcal
Fat	6.3g	19g
of which saturates	2.0g	5.9g
Carbohydrate	3.4g	10g
of which sugars	2.2g	6.6g
Protein	12g	37g
Salt	0.71g	2.1g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	Total fat	19g	24%	Total Carbohydrate	14g
Serving size 11oz (300g)	Saturated Fat	6g	30%	Dietary Fiber	4g	15%
Calories per serving 350	Trans Fat	0.5g		Total Sugars	7g	
	Cholesterol	115mg	38%	Incl. 0g Added Sugars	0%	
	Sodium	830mg	36%	Protein	37g	
	Vitamin D	2%		Iron	30%	
	Calcium	6%		Potassium	20%	



Ingredients and Allergens

Lamb, Onion, Tomatoes, Mutton, Peas, Ginger, Rapeseed Oil, Garlic, Coriander Leaves, Tomato Purée, Salt, Chilli Powder, Ground Coriander, Garam Masala, Green Chilli, Turmeric, Ground Cumin, Fenugreek Leaves, Black Pepper, Mint, Cinnamon, Bay Leaf.

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

31.9%	95.6g	Lamb, lean only, raw, average
18.2%	54.6g	Onions, raw
18.2%	54.6g	Tomatoes, red, ripe, raw, year round average
13.7%	41g	Mutton, cooked, roasted (Navajo)
7.28%	21.8g	Peas, frozen, boiled in unsalted water
2.28%	6.83g	Ginger, fresh
1.82%	5.46g	Oil, rapeseed
1.82%	5.46g	Garlic, raw
1.37%	4.1g	Coriander leaves, fresh
0.91%	2.73g	Tomato puree
0.546%	1.64g	Salt
0.455%	1.37g	Chilli powder
0.364%	1.09g	Ground Coriander
0.319%	0.956g	Garam masala
0.273%	0.819g	Peppers, capsicum, chilli, green, raw
0.228%	0.683g	Turmeric, ground
0.182%	0.546g	Ground Cumin
0.091%	0.273g	Fenugreek leaves, raw
0.055%	0.164g	Pepper, black
0.046%	0.137g	Mint, dried
0.018%	0.055g	Cinnamon, ground
0.018%	0.055g	Bay leaf, dried