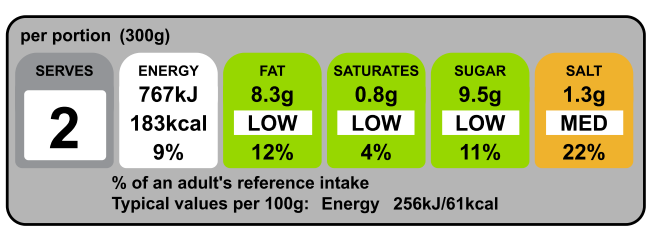


# Hyderabadi Quorn Keema - Minced Quorn and peas cooked with mint, coriander and roasted chilli, a truly traditional hyderabadi gem

<b>Serving Size</b>	
Serving size	300g
<b>Pack Size</b>	
Pack size	600.0g
Number of servings	2

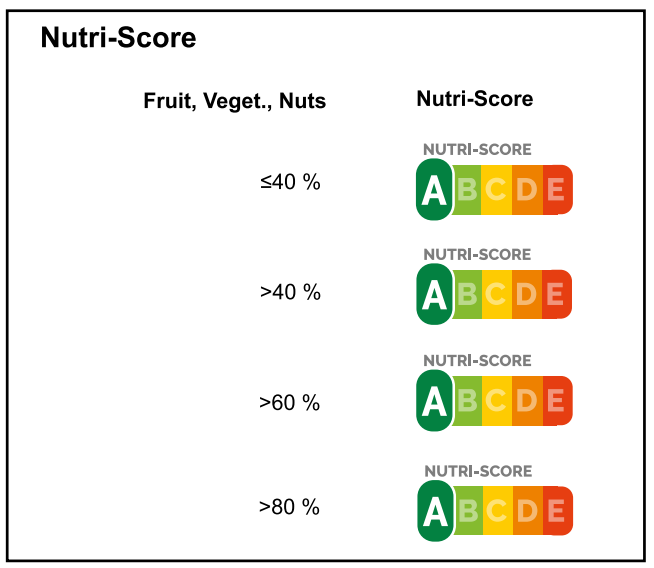
<b>Nutrients</b>		
	per 100g	per 300 g serving
Energy	255.6kJ	766.7kJ
Energy	60.9kcal	182.8kcal
Fat	2.8g	8.3g
of which saturates	0.3g	0.8g
Fatty Acids	1.3g	4.0g
Monounsaturated		
Fatty Acids	0.7g	2.2g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	4.8g	14.5g
of which sugars	3.2g	9.5g
Added Sugar	0.0g	0.0g
Fibre	3.5g	10.6g
Protein	4.9g	14.7g
Salt	0.4g	1.3g
Sodium	171.9mg	515.7mg
Vitamin A IU	135.1IU	405.4IU
Vitamin A RAE	40.5µg	121.6µg
Carotene	243.9µg	731.8µg
Alpha Carotene	0.4µg	1.2µg
Beta Carotene	152.2µg	456.6µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.4mg
Riboflavin	0.1mg	0.4mg
Niacin	1.6mg	4.8mg
Pantothenic Acid	0.1mg	0.4mg
Vitamin B6	0.1mg	0.3mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	15.3µg	46.0µg
Vitamin B12	0.1µg	0.2µg
Vitamin C	6.8mg	20.3mg
Vitamin D IU	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	1.0mg	3.1mg
Biotin	2.1µg	6.2µg
Vitamin K	8.3µg	24.8µg
Calcium	23.9mg	71.6mg
Chloride	195.6mg	586.7mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.3mg
Iodine	1.8µg	5.5µg
Iron	1.2mg	3.5mg
Magnesium	22.1mg	66.3mg
Manganese	0.8mg	2.4mg
Nitrogen	0.8g	2.4g
Phosphorus	86.5mg	259.5mg
Potassium	204.5mg	613.4mg
Selenium	0.1µg	0.2µg
Tryptophan/60	0.9mg	2.6mg
Zinc	1.8mg	5.5mg
Ash	0.0g	0.0g
Cholesterol	0.0mg	0.0mg
Lutein Zeaxanthin	62.4µg	187.3µg
Lycopene	513.0µg	1539.1µg
Starch	1.2g	3.7g
Water	82.0g	246.0g

## Graphics



Typical values	per 100g	per 300g serving
Energy	256kJ 61kcal	767kJ 183kcal
Fat	2.8g	8.3g
of which saturates	0.3g	0.8g
Carbohydrate	4.8g	14g
of which sugars	3.2g	9.5g
Protein	4.9g	15g
Salt	0.44g	1.3g

Nutrition Facts	Amount / serving		% DV		Amount / serving		% DV	
	2 servings per container Serving size 11oz (300g) Calories per serving <b>180</b>	Total fat	8g	11%	Total Carbohydrate	25g	9%	
	Saturated Fat	1g	4%	Dietary Fiber	11g	38%		
	Trans Fat	0g		Total Sugars	10g			
	Cholesterol	0mg	0%	Incl. 0g Added Sugars		0%		
	Sodium	520mg	22%	Protein	15g			
	Vitamin D	0%	•Calcium 6%	•Iron 20%	•Potassium 15%			



## Ingredients and Allergens

Tomatoes, Quorn, Onion, Peas, Garlic, Water, Rapeseed Oil, Ginger, Coriander Leaves, Ground Coriander, Tomato Purée, Salt, Chilli Powder, Ground Cumin, Cumin Seeds, Turmeric, Bay Leaf, Black Pepper, Cardamon, Garam Masala, Mint, Cloves.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

34.2%	102.6g	Tomatoes, canned, whole contents
22.8%	68.4g	Quorn, pieces, as purchased
18.2%	54.7g	Onions, raw
11.4%	34.2g	Peas, frozen, boiled in unsalted water
3.42%	10.3g	Garlic, raw
3.42%	10.3g	Water, tap, drinking
2.08%	6.23g	Oil, rapeseed
1.43%	4.28g	Ginger, fresh
1.14%	3.42g	Coriander leaves, fresh
0.342%	1.03g	Ground Coriander
0.285%	0.855g	Tomato puree
0.228%	0.684g	Salt
0.228%	0.684g	Chilli powder
0.228%	0.684g	Ground Cumin
0.171%	0.513g	Cumin seeds
0.171%	0.513g	Turmeric, ground
0.046%	0.137g	Bay leaf, dried
0.046%	0.137g	Pepper, black
0.034%	0.103g	Cardamon, ground
0.034%	0.103g	Garam masala
0.034%	0.103g	Mint, dried
0.006%	0.017g	Cloves, dried