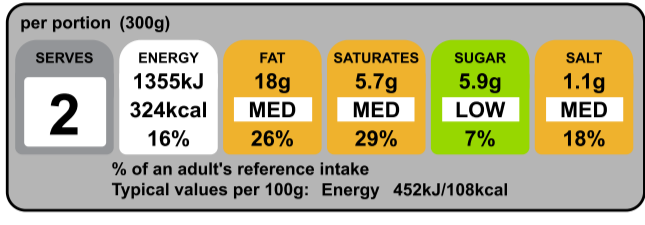


Keralan Beef Curry - Brisket simmered in a coconut milk and tamarind sauce spiced with, keralan long pepper, Kashmiri chilli and tempered with curry leaves and black mustard seeds

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

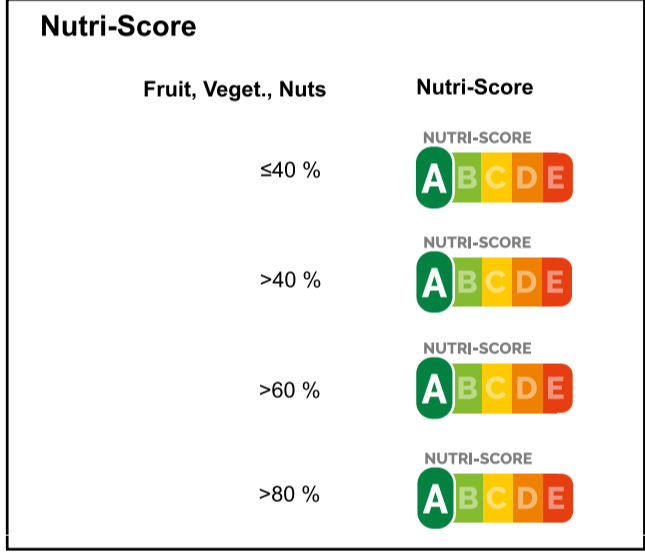
Nutrients		per 100g	per 300 g serving
Energy		451.6kJ	1354.7kJ
Energy		107.9kcal	323.8kcal
Fat		6.1g	18.4g
of which saturates		1.9g	5.7g
Fatty Acids		2.7g	8.2g
Monounsaturated			
Fatty Acids		1.1g	3.2g
Polyunsaturated			
Trans Fatty Acids		0.0g	0.1g
Carbohydrate		2.8g	8.5g
of which sugars		2.0g	5.9g
Added Sugar		0.0g	0.0g
Fibre		0.9g	2.6g
Protein		11.4g	34.2g
Salt		0.4g	1.1g
Sodium		143.7mg	431.1mg
Vitamin A IU		86.3IU	258.8IU
Vitamin A RAE		16.2µg	48.6µg
Carotene		97.1µg	291.3µg
Alpha Carotene		0.1µg	0.2µg
Beta Carotene		36.8µg	110.3µg
Retinol	trace		trace
Beta Cryptoxanthin		0.1µg	0.2µg
Thiamin		0.1mg	0.2mg
Riboflavin		0.1mg	0.4mg
Niacin		4.4mg	13.3mg
Pantothenic Acid		0.3mg	1.0mg
Vitamin B6		0.3mg	0.8mg
Folic Acid		0.0µg	0.0µg
Dietary Folate		0.0µg	0.1µg
Equivalent			
Food Folate		0.0µg	0.1µg
Folate		6.3µg	18.8µg
Vitamin B12		0.9µg	2.8µg
Vitamin C		3.0mg	9.1mg
Vitamin D IU		14.9IU	44.8IU
Vitamin D MCG		0.4µg	1.1µg
Vitamin E		1.0mg	2.9mg
Biotin		0.8µg	2.5µg
Vitamin K		4.4µg	13.2µg
Calcium		27.8mg	83.5mg
Chloride		219.1mg	657.2mg
Choline		0.0µg	0.1µg
Copper		0.1mg	0.2mg
Iodine		6.5µg	19.5µg
Iron		1.7mg	5.0mg
Magnesium		22.5mg	67.4mg
Manganese		0.1mg	0.3mg
Nitrogen		1.8g	5.5g
Phosphorus		110.5mg	331.5mg
Potassium		291.0mg	873.1mg
Selenium		3.4µg	10.1µg
Tryptophan/60		2.2mg	6.7mg
Zinc		2.8mg	8.4mg
Ash		0.0g	0.0g
Cholesterol		31.3mg	93.9mg
Lutein Zeaxanthin		21.7µg	65.0µg
Lycopene		169.4µg	508.2µg
Starch		0.3g	1.0g
Water		76.7g	230.2g

Graphics



Typical values	per 100g	per 300g serving
Energy	452kJ 108kcal	1355kJ 324kcal
Fat	6.1g	18g
of which saturates	1.9g	5.7g
Carbohydrate	2.8g	8.5g
of which sugars	2.0g	5.9g
Protein	11g	34g
Salt	0.37g	1.1g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	Total fat	18g	24%	Total Carbohydrate	11g
Serving size 11oz (300g)	Saturated Fat	6g	29%	Dietary Fiber	3g	9%
Calories per serving 320	Trans Fat	0g		Total Sugars	6g	
	Cholesterol	95mg	31%	Incl. 0g Added Sugars	0%	
	Sodium	430mg	19%	Protein	34g	
	Vitamin D	6%	•Calcium	6%	•Iron	30%
					•Potassium	20%



Ingredients and Allergens

Beef, Onion, Tomatoes, Coconut Milk, Water, Rapeseed Oil, Garlic, Coconut Oil, Ginger, Ground Coriander, Chilli Powder, Salt, Green Chilli, **mustard** Seeds, Cumin Seeds, Fennel Seeds, Coriander Seeds, Turmeric, Curry Leaves, Chili Peppers, Dried Red Chillies, Garam Masala, Ground Cumin, Ground Black Pepper.

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

46.7%	140.1g	Beef, stewing steak, raw, lean
18.7%	56g	Onions, raw
11.7%	35g	Tomatoes, canned, whole contents
6.77%	20.3g	Coconut milk
5.84%	17.5g	Water, tap, drinking
2.92%	8.76g	Oil, rapeseed
2.1%	6.3g	Garlic, raw
1.17%	3.5g	Oil, coconut
1.17%	3.5g	Ginger, fresh
0.409%	1.23g	Ground Coriander
0.234%	0.701g	Chilli powder
0.234%	0.701g	Salt
0.234%	0.701g	Peppers, capsicum, chilli, green, raw
0.175%	0.525g	Mustard seeds
0.175%	0.525g	Cumin seeds
0.175%	0.525g	Fennel seeds
0.175%	0.525g	Coriander seeds
0.175%	0.525g	Turmeric, ground
0.175%	0.525g	Fennel seeds
0.175%	0.525g	Curry leaves, fresh
0.175%	0.525g	Peppers, hot chilli, red, raw
0.117%	0.35g	Crushed Red Chillies, Dried
0.117%	0.35g	Garam masala
0.117%	0.35g	Ground Cumin
0.117%	0.35g	Black Pepper Coarse Ground