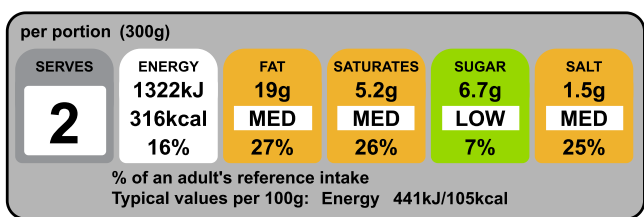


Lamb Bhuna Banjara - Smoked bhuna from Rajasthan, lamb in a rich caramelised shallot sauce spiced with mathania chilli, peppercorns and bay leaf

Serving Size

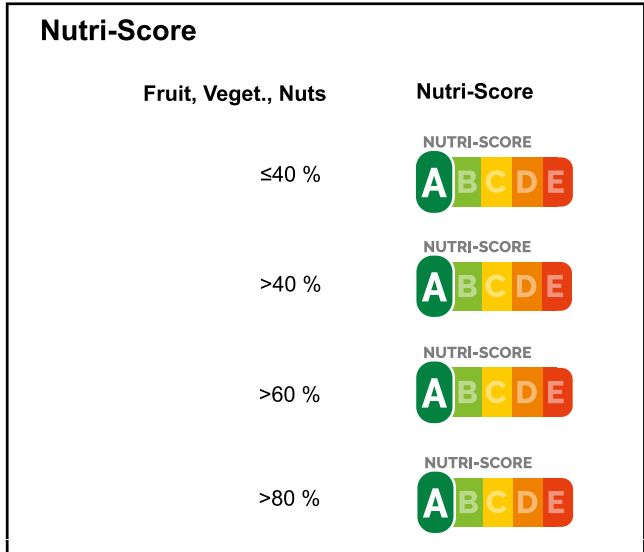
Serving size	300g
Pack Size	
Pack size	600.0g
Number of servings	2

Graphics



Typical values	per 100g	per 300g serving
Energy	441kJ 105kcal	1322kJ 316kcal
Fat	6.2g	19g
of which saturates	1.7g	5.2g
Carbohydrate	3.2g	9.5g
of which sugars	2.2g	6.7g
Protein	10g	30g
Salt	0.50g	1.5g

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	5g	26%	Dietary Fiber	4g	15%
Calories per serving 320	Trans Fat	1g		Total Sugars	7g	
	Cholesterol	100mg	33%	Incl. 0g Added Sugars		0%
	Sodium	590mg	25%	Protein	30g	
	Vitamin D	2%	*Calcium	8%	*Iron	25%
				*Potassium	20%	



Ingredients and Allergens

Lamb, Onion, Tomatoes, Cabbage, Garlic, Rapeseed Oil, Water, Ginger, Tomato Purée, Coriander Leaves, Chilli Powder, Ground Coriander, Salt, Garam Masala, Curry Powder (**Mustard**), Ground Cumin, Turmeric, Black Pepper, Cardamon, Coriander Seeds, Fennel Seeds, Cloves, Cumin Seeds, Nutmeg, Dried Red Chillies.

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

44.8%	134.3g	Lamb, lean only, raw, average
20.1%	60.4g	Onions, raw
13.4%	40.3g	Tomatoes, standard, raw
6.71%	20.1g	Cabbage, white, raw
2.8%	8.39g	Garlic, raw
2.24%	6.71g	Oil, rapeseed
2.24%	6.71g	Water, tap, drinking
1.68%	5.04g	Ginger, fresh
1.68%	5.04g	Tomato puree
1.68%	5.04g	Coriander leaves, fresh
0.671%	2.01g	Chilli powder
0.448%	1.34g	Ground Coriander
0.336%	1.01g	Salt
0.224%	0.671g	Garam masala
0.224%	0.671g	Curry powder
0.168%	0.504g	Ground Cumin
0.168%	0.504g	Turmeric, ground
0.168%	0.504g	Turmeric, ground
0.045%	0.134g	Pepper, black
0.045%	0.134g	Cardamon, ground
0.045%	0.134g	Coriander seeds
0.034%	0.101g	Fennel seeds
0.022%	0.067g	Cloves, dried
0.022%	0.067g	Cumin seeds
0.011%	0.034g	Cloves, dried
0.011%	0.034g	Nutmeg, ground
0.011%	0.034g	Crushed Red Chillies, Dried

Nutrients

	per 100g	per 300 g serving
Energy	440.5kJ	1321.5kJ
Energy	105.5kcal	316.4kcal
Fat	6.2g	18.7g
of which saturates	1.7g	5.2g
Fatty Acids	2.8g	8.5g
Monounsaturated		
Fatty Acids	1.0g	3.0g
Polyunsaturated		
Trans Fatty Acids	0.3g	0.8g
Carbohydrate	3.2g	9.5g
of which sugars	2.2g	6.7g
Added Sugar	0.0g	0.0g
Fibre	1.4g	4.1g
Protein	10.0g	30.1g
Salt	0.5g	1.5g
Sodium	195.4mg	586.2mg
Vitamin A IU	160.5IU	481.5IU
Vitamin A RAE	47.3µg	141.8µg
Carotene	268.5µg	805.4µg
Alpha Carotene	0.6µg	1.8µg
Beta Carotene	138.8µg	416.5µg
Retinol	2.7µg	8.1µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.3mg
Niacin	4.6mg	13.8mg
Pantothenic Acid	0.5mg	1.5mg
Vitamin B6	0.2mg	0.6mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	16.0µg	47.9µg
Vitamin B12	0.9µg	2.7µg
Vitamin C	8.5mg	25.4mg
Vitamin D IU	7.2IU	21.5IU
Vitamin D MCG	0.2µg	0.5µg
Vitamin E	0.8mg	2.4mg
Biotin	1.4µg	4.2µg
Vitamin K	13.4µg	40.1µg
Calcium	31.0mg	93.0mg
Chloride	310.9mg	932.7mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.3mg
Iodine	3.7µg	11.2µg
Iron	1.5mg	4.6mg
Magnesium	22.2mg	66.5mg
Manganese	0.2mg	0.5mg
Nitrogen	1.6g	4.8g
Phosphorus	109.9mg	329.7mg
Potassium	316.6mg	949.7mg
Selenium	1.9µg	5.8µg
Tryptophan/60	1.9mg	5.7mg
Zinc	1.7mg	5.0mg
Ash	0.0g	0.0g
Cholesterol	33.1mg	99.4mg
Lutein Zeaxanthin	29.7µg	89.0µg
Lycopene	166.1µg	498.4µg
Starch	0.5g	1.4g
Water	76.6g	229.9g