

Methi Gosht Nizami Korma - Mutton simmered in a mild aromatic classic korma style sauce finished with fenugreek and whipped yoghurt

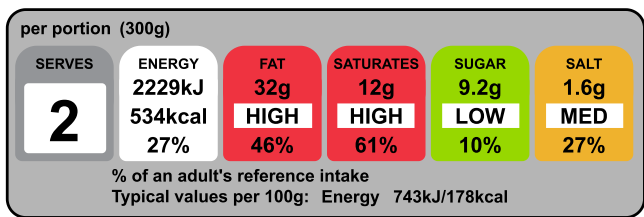
Serving Size

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

Nutrients

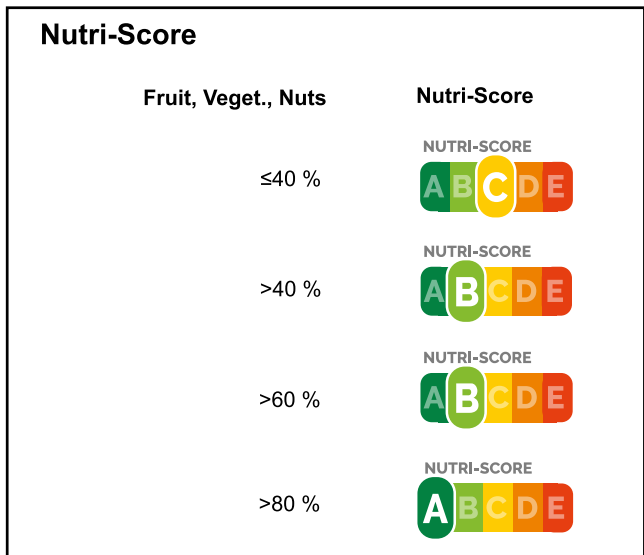
	per 100g	per 300 g serving
Energy	743.1kJ	2229.3kJ
Energy	178.1kcal	534.2kcal
Fat	10.6g	31.9g
of which saturates	4.0g	12.1g
Fatty Acids	4.4g	13.3g
Monounsaturated		
Fatty Acids	1.5g	4.4g
Polyunsaturated		
Trans Fatty Acids	0.1g	0.2g
Carbohydrate	4.5g	13.4g
of which sugars	3.1g	9.2g
Added Sugar	0.9g	2.7g
Fibre	0.8g	2.3g
Protein	16.4g	49.2g
Salt	0.5g	1.6g
Sodium	210.1mg	630.2mg
Vitamin A IU	227.7IU	683.0IU
Vitamin A RAE	68.3µg	204.9µg
Carotene	231.0µg	693.1µg
Alpha Carotene	0.0µg	0.0µg
Beta Carotene	198.5µg	595.5µg
Retinol	29.7µg	89.2µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.2mg
Riboflavin	0.2mg	0.5mg
Niacin	3.3mg	10.0mg
Pantothenic Acid	0.5mg	1.4mg
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	5.2µg	15.5µg
Vitamin B12	2.0µg	6.1µg
Vitamin C	5.0mg	15.0mg
Vitamin D IU	1.5IU	4.5IU
Vitamin D MCG	0.0µg	0.1µg
Vitamin E	1.2mg	3.5mg
Biotin	0.5µg	1.5µg
Vitamin K	3.8µg	11.3µg
Calcium	39.5mg	118.6mg
Chloride	255.5mg	766.5mg
Choline	44.9µg	134.6µg
Copper	0.1mg	0.2mg
Iodine	4.4µg	13.1µg
Iron	2.9mg	8.6mg
Magnesium	25.5mg	76.5mg
Manganese	0.1mg	0.3mg
Nitrogen	0.2g	0.7g
Phosphorus	156.5mg	469.6mg
Potassium	294.6mg	883.9mg
Selenium	17.2µg	51.6µg
Tryptophan/60	0.3mg	0.9mg
Zinc	2.8mg	8.5mg
Ash	0.6g	1.9g
Cholesterol	54.8mg	164.3mg
Lutein Zeaxanthin	0.4µg	1.1µg
Lycopene	0.0µg	0.0µg
Starch	0.7g	2.0g
Water	65.7g	197.2g

Graphics



Typical values	per 100g	per 300g serving
Energy	743kJ	2229kJ
	178kcal	534kcal
Fat	11g	32g
of which saturates	4.0g	12g
Carbohydrate	4.5g	13g
of which sugars	3.1g	9.2g
Protein	16g	49g
Salt	0.53g	1.6g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	Total fat	32g	41%	Total Carbohydrate	16g
Serving size 11oz (300g)	Saturated Fat	12g	61%	Dietary Fiber	2g	8%
Calories per serving 530	Trans Fat	0g		Total Sugars	9g	
	Cholesterol	165mg	55%	Incl. 0g Added Sugars		5%
	Sodium	630mg	27%	Protein	49g	
	Vitamin D	0%	•Calcium 10%	•Iron 50%	•Potassium 20%	



Ingredients and Allergens

Mutton, Onion, Yogurt (**Milk**), Cream (**Milk**), Garlic, Ginger, Fenugreek Leaves, Rapeseed Oil, Water, Butter (**Milk**), Sugar, Salt, Turmeric, Melon Seeds, Green Chilli, Garam Masala, Chilli Powder, Cardamon, Black Pepper, Cinnamon, Bay Leaf, Mace, Cloves.

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

44.6%	133.8g	Mutton, cooked, roasted (Navajo)
22.3%	66.9g	Onions, raw
8.92%	26.8g	Yogurt, low fat, plain
4.46%	13.4g	Cream, fresh, single
3.35%	10g	Garlic, raw
3.35%	10g	Ginger, fresh
3.35%	10g	Fenugreek leaves, raw
3.05%	9.14g	Oil, rapeseed
2.23%	6.69g	Water, tap, drinking
1.67%	5.02g	Butter, unsalted
0.892%	2.68g	Sugar, white
0.335%	1g	Salt
0.335%	1g	Turmeric, ground
0.335%	1g	Melon seeds
0.335%	1g	Peppers, capsicum, chilli, green, raw
0.223%	0.669g	Garam masala
0.167%	0.502g	Chilli powder
0.022%	0.067g	Cardamon, ground
0.022%	0.067g	Pepper, black
0.017%	0.05g	Cinnamon, ground
0.011%	0.033g	Bay leaf, dried
0.011%	0.033g	Mace, ground
0.006%	0.017g	Cloves, dried