

Paneer Makhni - North Indian style tandoori paneer in a smooth aromatic buttery tomato sauce, finished with local honey and ground fenugreek

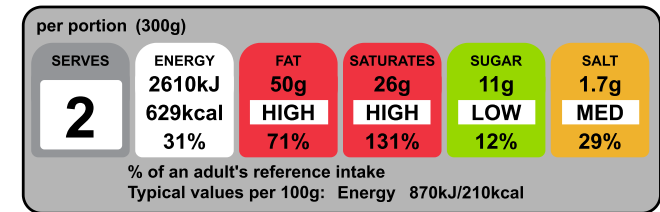
Serving Size

Serving size 300g

Pack Size

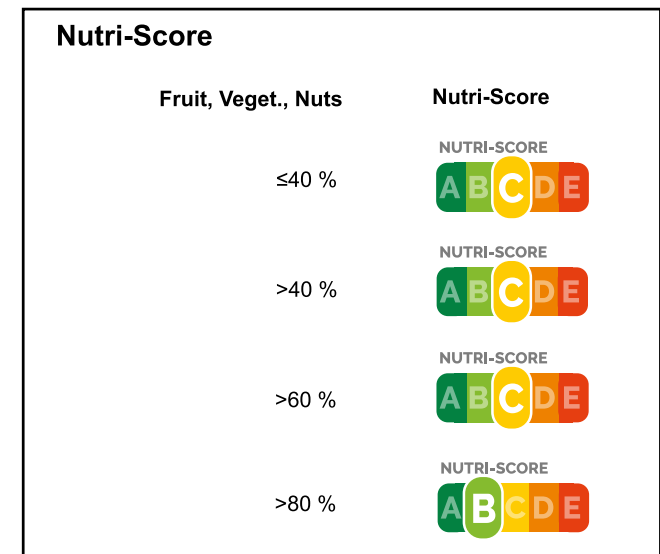
Pack size 600.0g
Number of servings 2

Graphics



Typical values	per 100g	per 300g serving
Energy	870kJ 210kcal	2610kJ 629kcal
Fat	17g	50g
of which saturates	8.7g	26g
Carbohydrate	4.6g	14g
of which sugars	3.6g	11g
Protein	11g	32g
Salt	0.58g	1.7g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	Total fat 50g		64%	Total Carbohydrate 17g		6%
Saturated Fat 26g		131%	Dietary Fiber 3g		10%	
Trans Fat 2g			Total Sugars 11g			
Cholesterol 35mg		12%	Incl. 0g Added Sugars		4%	
Sodium 690mg		30%	Protein 32g			
Vitamin D 0%			*Calcium 50%			
			*Iron 15%			
			*Potassium 10%			



Ingredients and Allergens

Paneer (**Milk**), Tomatoes, Onion, Cream (**Milk**), Butter (**Milk**), Water, Rapeseed Oil, Melon Seeds, Ginger, Garlic, Honey, Salt, Tomato Purée, Chilli Powder, Ground Coriander, Fenugreek Seeds, Ground Cumin, Cardamon, Garam Masala.

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

35.2%	105.5g	Cheese, Paneer
29.3%	87.9g	Tomatoes, crushed, canned
11.7%	35.2g	Onions, raw
7.82%	23.4g	Cream, dairy, UHT, half fat, canned spray
3.91%	11.7g	Butter, unsalted
2.93%	8.79g	Water, tap, drinking
2.23%	6.68g	Oil, rapeseed
1.95%	5.86g	Melon seeds
1.22%	3.66g	Ginger, fresh
1.22%	3.66g	Garlic, raw
0.977%	2.93g	Honey
0.391%	1.17g	Salt
0.244%	0.733g	Tomato puree
0.195%	0.586g	Chilli powder
0.195%	0.586g	Ground Coriander
0.195%	0.586g	Fenugreek seeds
0.098%	0.293g	Ground Cumin
0.098%	0.293g	Cardamon, ground
0.073%	0.22g	Garam masala
0.049%	0.147g	Cardamon, ground

Nutrients

	per 100g	per 300 g serving
Energy	869.8kJ	2609.5kJ
Energy	209.6kcal	628.9kcal
Fat	16.6g	49.7g
of which saturates	8.7g	26.2g
Fatty Acids	5.2g	15.6g
Monounsaturated		
Fatty Acids	1.8g	5.4g
Polyunsaturated		
Trans Fatty Acids	0.6g	1.8g
Carbohydrate	4.6g	13.8g
of which sugars	3.6g	10.9g
Added Sugar	0.7g	2.1g
Fibre	1.0g	2.9g
Protein	10.8g	32.5g
Salt	0.6g	1.7g
Sodium	228.9mg	686.7mg
Vitamin A IU	561.5IU	1684.4IU
Vitamin A RAE	152.8µg	458.3µg
Carotene	80.2µg	240.5µg
Alpha Carotene	trace	trace
Beta Carotene	81.1µg	243.2µg
Retinol	136.2µg	408.5µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.0mg	0.1mg
Riboflavin	0.1mg	0.4mg
Niacin	3.5mg	10.6mg
Pantothenic Acid	0.1mg	0.3mg
Vitamin B6	0.1mg	0.2mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	3.8µg	11.4µg
Equivalents		
Food Folate	3.8µg	11.4µg
Folate	16.0µg	47.9µg
Vitamin B12	0.0µg	0.1µg
Vitamin C	3.4mg	10.3mg
Vitamin D IU	1.4IU	4.2IU
Vitamin D MCG	0.0µg	0.1µg
Vitamin E	1.2mg	3.5mg
Biotin	0.3µg	0.8µg
Vitamin K	4.6µg	13.7µg
Calcium	215.8mg	647.5mg
Chloride	259.8mg	779.3mg
Choline	3.8µg	11.3µg
Copper	0.1mg	0.4mg
Iodine	2.8µg	8.4µg
Iron	0.9mg	2.8mg
Magnesium	29.1mg	87.4mg
Manganese	0.2mg	0.5mg
Nitrogen	1.6g	4.9g
Phosphorus	173.1mg	519.4mg
Potassium	176.9mg	530.6mg
Selenium	0.3µg	0.9µg
Tryptophan/60	3.0mg	9.0mg
Zinc	1.4mg	4.2mg
Ash	0.4g	1.2g
Cholesterol	11.9mg	35.8mg
Lutein Zeaxanthin	51.7µg	155.0µg
Lycopene	1510.9µg	4532.6µg
Starch	0.2g	0.7g
Water	64.5g	193.6g