

Rogon Josh - Classic Kashmiri style curry, lamb simmered slowly in a velvety smooth sauce spiced with Kashmiri chilli and aromatic spices

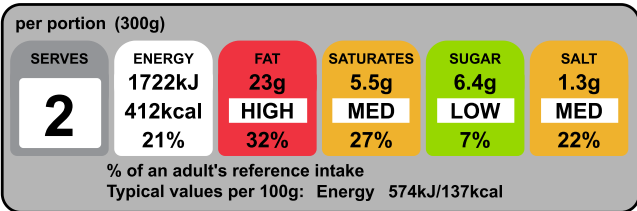
Serving Size

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

Nutrients

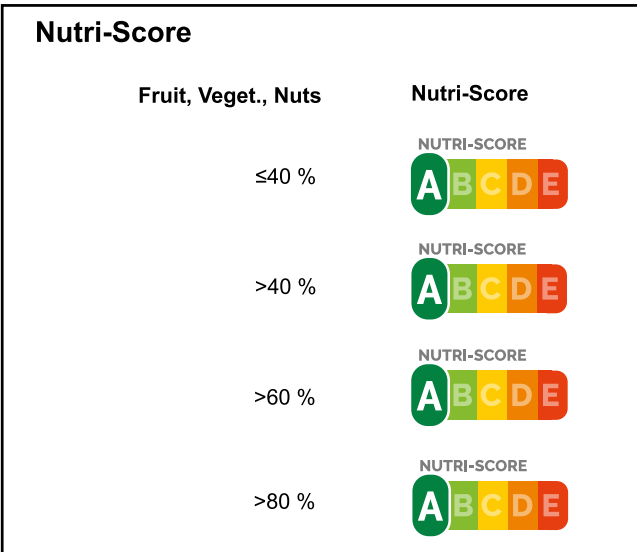
	per 100g	per 300 g serving
Energy	574.1kJ	1722.2kJ
Energy	137.4kcal	412.2kcal
Fat	7.5g	22.6g
of which saturates	1.8g	5.5g
Fatty Acids	3.5g	10.6g
Monounsaturated		
Fatty Acids	1.3g	3.9g
Polyunsaturated		
Trans Fatty Acids	0.0g	0.0g
Carbohydrate	3.2g	9.6g
of which sugars	2.1g	6.4g
Added Sugar	0.0g	0.0g
Fibre	1.1g	3.2g
Protein	14.8g	44.4g
Salt	0.4g	1.3g
Sodium	170.0mg	510.0mg
Vitamin A IU	129.1IU	387.3IU
Vitamin A RAE	38.7µg	116.0µg
Carotene	225.7µg	677.1µg
Alpha Carotene	0.5µg	1.5µg
Beta Carotene	114.2µg	342.5µg
Retinol	1.3µg	3.9µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.4mg
Riboflavin	0.3mg	0.9mg
Niacin	3.7mg	11.2mg
Pantothenic Acid	0.5mg	1.4mg
Vitamin B6	0.3mg	0.8mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	7.5µg	22.6µg
Vitamin B12	1.2µg	3.6µg
Vitamin C	4.7mg	14.0mg
Vitamin D IU	0.2IU	0.5IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	1.1mg	3.2mg
Biotin	0.5µg	1.5µg
Vitamin K	9.0µg	27.1µg
Calcium	27.6mg	82.8mg
Chloride	233.9mg	701.8mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.3mg
Iodine	2.2µg	6.7µg
Iron	1.7mg	5.0mg
Magnesium	21.6mg	64.8mg
Manganese	0.1mg	0.4mg
Nitrogen	0.2g	0.5g
Phosphorus	120.8mg	362.3mg
Potassium	278.1mg	834.4mg
Selenium	3.2µg	9.7µg
Tryptophan/60	0.2mg	0.6mg
Zinc	1.9mg	5.8mg
Ash	0.6g	1.7g
Cholesterol	51.6mg	154.7mg
Lutein Zeaxanthin	24.3µg	72.9µg
Lycopene	136.2µg	408.5µg
Starch	0.5g	1.6g
Water	72.2g	216.7g

Graphics



Typical values	per 100g	per 300g serving
Energy	574kJ	1722kJ
	137kcal	412kcal
Fat	7.5g	23g
of which saturates	1.8g	5.5g
Carbohydrate	3.2g	9.6g
of which sugars	2.1g	6.4g
Protein	15g	44g
Salt	0.43g	1.3g

Nutrition Facts	Amount / serving		% DV		Amount / serving		% DV	
	2 servings per container	Total fat	23g	29%	Total Carbohydrate	13g	5%	
Serving size 11oz (300g)	Saturated Fat	5g	27%	Dietary Fiber	3g	11%		
Calories per serving 410	Trans Fat	0g		Total Sugars	6g			
	Cholesterol	155mg	52%	Incl. 0g Added Sugars	0%			
	Sodium	510mg	22%	Protein	44g			
	Vitamin D	0%	*Calcium 6%	*Iron 30%	*Potassium 20%			



Ingredients and Allergens

Lamb, Onion, Tomatoes, Yogurt (**Milk**), Rapeseed Oil, Garlic, Ginger, Water, Coriander Leaves, Tomato Purée, Chilli Powder, Ground Coriander, Salt, Garam Masala, Ground Cumin, Bay Leaf, Cinnamon, Cardamon, Anise Seed, Saffron.
 Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

48.2%	144.5g	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted
20.6%	61.9g	Onions, raw
11%	33g	Tomatoes, standard, raw
4.13%	12.4g	Yogurt, low fat, plain
3.13%	9.4g	Oil, rapeseed
2.75%	8.26g	Garlic, raw
2.75%	8.26g	Ginger, fresh
2.75%	8.26g	Water, tap, drinking
1.38%	4.13g	Coriander leaves, fresh
1.38%	4.13g	Tomato puree
0.55%	1.65g	Chilli powder
0.344%	1.03g	Ground Coriander
0.275%	0.826g	Salt
0.275%	0.826g	Garam masala
0.248%	0.743g	Ground Cumin
0.124%	0.371g	Bay leaf, dried
0.041%	0.124g	Cinnamon, ground
0.041%	0.124g	Cardamon, ground
0.028%	0.083g	Spices, anise seed
0.007%	0.021g	Spices, saffron