

Signature Pilao - Aged basmati cooked with aromats and fresh herbs

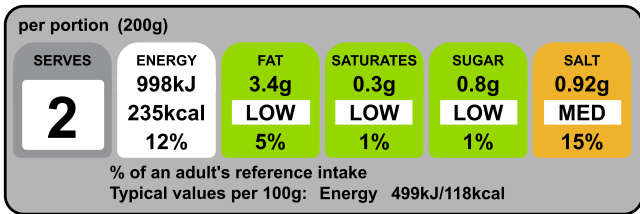
Serving Size

Serving size 200g

Pack Size

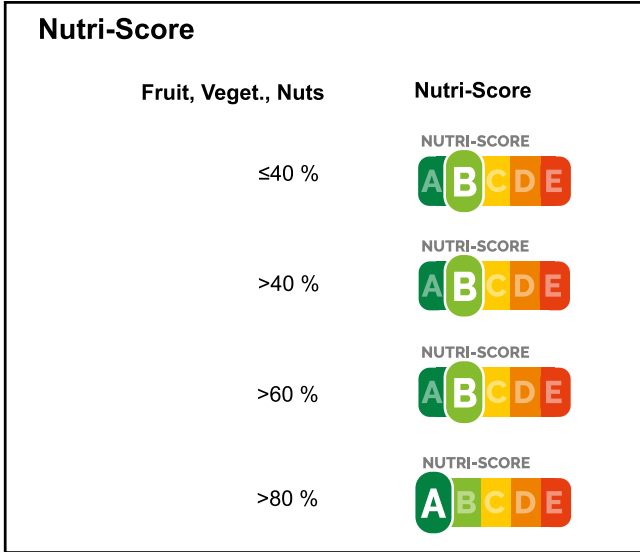
Pack size 400.0g
Number of servings 2

Graphics



Typical values	per 100g	per 200g serving
Energy	499kJ 118kcal	998kJ 235kcal
Fat	1.7g	3.4g
of which saturates	0.1g	0.3g
Carbohydrate	24g	47g
of which sugars	0.4g	0.8g
Protein	2.6g	5.2g
Salt	0.46g	0.92g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	Total fat	3.5g	4%	Total Carbohydrate	48g
Serving size 7oz (200g)	Saturated Fat	0g	1%	Dietary Fiber	1g	4%
Calories per serving 240	Trans Fat	0g		Total Sugars	less than 1g	
	Cholesterol	0mg	0%	Incl. 0g Added Sugars	0%	
	Sodium	360mg	16%	Protein	5g	
	Vitamin D	0%	*Calcium	2%	*Iron	10%
				*Potassium	2%	



Ingredients and Allergens

Water, Basmati Rice, Onion, Tomatoes, Coriander Leaves, Rapeseed Oil, Mint, Garlic, Ginger, Salt, Cumin Seeds, Garam Masala, Chilli Powder, Cinnamon, Black Pepper, Bay Leaf, Cloves, Mace.

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

57.4%	114.9g	Water, tap, drinking
28.7%	57.4g	Rice, white, basmati, raw
3.59%	7.18g	Onions, raw
2.87%	5.74g	Tomatoes, standard, raw
2.87%	5.74g	Coriander leaves, fresh
1.44%	2.87g	Oil, rapeseed
1.15%	2.3g	Mint, fresh
0.431%	0.862g	Garlic, raw
0.431%	0.862g	Ginger, fresh
0.431%	0.862g	Salt
0.287%	0.574g	Cumin seeds
0.144%	0.287g	Garam masala
0.144%	0.287g	Chilli powder
0.014%	0.029g	Cinnamon, ground
0.014%	0.029g	Pepper, black
0.014%	0.029g	Bay leaf, dried
0.006%	0.011g	Cloves, dried
0.004%	0.009g	Mace, ground

Nutrients

	per 100g	per 200 g serving
Energy	498.8kJ	997.7kJ
Energy	117.6kcal	235.2kcal
Fat	1.7g	3.4g
of which saturates	0.1g	0.3g
Fatty Acids	0.9g	1.9g
Monounsaturated		
Fatty Acids	0.5g	1.0g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	23.5g	47.0g
of which sugars	0.4g	0.8g
Added Sugar	0.0g	0.0g
Fibre	0.6g	1.2g
Protein	2.6g	5.2g
Salt	0.46g	0.92g
Sodium	180.0mg	360.0mg
Vitamin A IU	91.2IU	182.3IU
Vitamin A RAE	27.3µg	54.7µg
Carotene	164.0µg	328.1µg
Alpha Carotene	1.0µg	2.1µg
Beta Carotene	122.9µg	245.9µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.0mg	0.1mg
Riboflavin	0.0mg	0.0mg
Niacin	1.0mg	2.1mg
Pantothenic Acid	0.1mg	0.3mg
Vitamin B6	0.0mg	0.1mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	7.7µg	15.4µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	2.0mg	4.0mg
Vitamin D IU	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	0.5mg	1.0mg
Biotin	0.4µg	0.8µg
Vitamin K	10.9µg	21.8µg
Calcium	15.1mg	30.1mg
Chloride	290.4mg	580.7mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.2mg
Iodine	0.3µg	0.7µg
Iron	1.0mg	1.9mg
Magnesium	9.7mg	19.5mg
Manganese	0.3mg	0.6mg
Nitrogen	0.4g	0.9g
Phosphorus	36.1mg	72.1mg
Potassium	66.7mg	133.4mg
Selenium	4.6µg	9.2µg
Tryptophan/60	0.6mg	1.3mg
Zinc	0.5mg	0.9mg
Ash	0.0g	0.0g
Cholesterol	0.0mg	0.0mg
Lutein Zeaxanthin	3.1µg	6.2µg
Lycopene	14.6µg	29.1µg
Starch	21.9g	43.8g
Water	70.3g	140.7g