

# Chapli Kebab - North Indian style minced mutton kebab with onion, tomato and garlic

## Serving Size

Serving size 100g

## Pack Size

Pack size 800.0g  
Number of servings 8

## Graphics

## Nutrients

	per 100g	per 100 g serving
Energy	516.8kJ	516.8kJ
Energy	123.6kcal	123.6kcal
Fat	8.0g	8.0g
of which saturates	3.2g	3.2g
Carbohydrate	4.7g	4.7g
of which sugars	1.1g	1.1g
Added Sugar	0.0g	0.0g
Protein	11.6g	11.6g
Salt	0.13g	0.13g
Vitamin K	30.5µg	30.5µg

per portion (100g)

SERVES	ENERGY	FAT	SATURATES	SUGAR	SALT
8	517kJ 124kcal 6%	8.0g MED 11%	3.2g MED 16%	1.1g LOW 1%	0.13g LOW 2%

% of an adult's reference intake  
Typical values per 100g: Energy 517kJ/124kcal

Typical values	per 100g	per 100g serving
Energy	517kJ 124kcal	517kJ 124kcal
Fat	8.0g	8.0g
of which saturates	3.2g	3.2g
Carbohydrate	4.7g	4.7g
of which sugars	1.1g	1.1g
Protein	12g	12g
Salt	0.13g	0.13g

Nutrition Facts	Amount / serving		Amount / serving	
		% DV		% DV
8 servings per container Serving size 4oz (100g) Calories per serving 120	Total fat	8g 10%	Total Carbohydrate	7g 3%
	Saturated Fat	3g 16%	Dietary Fiber	2g 8%
	Trans Fat	0.5g	Total Sugars	1g
	Cholesterol	50mg 17%	Incl. 0g Added Sugars	0%
	Sodium	50mg 2%	Protein	12g
	Vitamin D 2% • Calcium 4% • Iron 20% • Potassium 8%			

### Nutri-Score

Fruit, Veget., Nuts	Nutri-Score
≤40 %	
>40 %	
>60 %	
>80 %	

## Ingredients and Allergens

Lamb, Coriander Leaves, Garlic, Tomatoes, Onion, Ginger, **egg**, Green Chilli, Corn Flour, Cumin Seeds, Coriander Seeds, Black Pepper, Cardamon, Mace, Nutmeg, Citric Acid.

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

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47.1%	47.1g	Lamb, mince, raw
9.41%	9.41g	Coriander leaves, fresh
9.41%	9.41g	Garlic, raw
7.06%	7.06g	Tomatoes, standard, raw
7.06%	7.06g	Onions, raw
4.71%	4.71g	Ginger, fresh
4.24%	4.24g	Eggs, chicken, whole, raw
2.35%	2.35g	Peppers, capsicum, chilli, green, raw
2.35%	2.35g	Flour, corn
2.35%	2.35g	Cumin seeds
2.35%	2.35g	Coriander seeds
0.471%	0.471g	Pepper, black
0.471%	0.471g	Cardamon, ground
0.235%	0.235g	Mace, ground
0.235%	0.235g	Nutmeg, ground
0.235%	0.235g	Citric acid

## Notes

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