

GBM Leg of Lamb - Rajasthani style roasted leg of lamb, marinated in smoked chilli, cumin and fenugreek

Serving Size

Serving size 150g

Pack Size

Pack size 2700.0g
Number of servings 18

Nutrients

	per 100g	per 150 g serving
Energy	920.9kJ	1381.4kJ
Energy	220.5kcal	330.7kcal
Fat	11.7g	17.5g
of which saturates	3.6g	5.4g
Carbohydrate	1.0g	1.4g
of which sugars	0.5g	0.7g
Added Sugar	0.0g	0.0g
Protein	27.8g	41.6g
Salt	0.42g	0.63g
Vitamin K	3.1µg	4.6µg

Graphics

per portion (150g)

SERVES	ENERGY	FAT	SATURATES	SUGAR	SALT
18	1381kJ 331kcal 17%	18g MED 25%	5.4g MED 27%	0.7g LOW 1%	0.63g MED 11%

% of an adult's reference intake
Typical values per 100g: Energy 921kJ/220kcal

Typical values	per 100g	per 150g serving
Energy	921kJ 220kcal	1381kJ 331kcal
Fat	12g	18g
of which saturates	3.6g	5.4g
Carbohydrate	1.0g	1.4g
of which sugars	0.5g	0.7g
Protein	28g	42g
Salt	0.42g	0.63g

Nutrition Facts	Amount / serving		Amount / serving	
		% DV		% DV
18 servings per container	Total fat 18g	22%	Total Carbohydrate 2g	1%
Serving size 5oz (150g)	Saturated Fat 5g	27%	Dietary Fiber 0g	1%
	Trans Fat 1g		Total Sugars less than 1g	
	Cholesterol 145mg	49%	Incl. 0g Added Sugars	0%
	Sodium 250mg	11%	Protein 42g	
Calories per serving 330	Vitamin D 4%	Calcium 2%	Iron 20%	Potassium 10%

Nutri-Score

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

Ingredients and Allergens

Lamb, Yogurt (**Milk**), Rapeseed Oil, Chickpea Flour, Tomato Purée, Lemon Juice, Garlic, Ginger, Salt, Chili Powder, Papaya, Garam Masala, Ground Cumin, Fenugreek Leaves, Green Chilli.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

87.9%	131.9g	Lamb, leg joint, roasted, lean
6.03%	9.04g	Yogurt, Greek style, plain
2.48%	3.72g	Oil, rapeseed
0.887%	1.33g	Chickpea flour (besan)
0.709%	1.06g	Tomato puree
0.355%	0.532g	Lemon juice, fresh
0.355%	0.532g	Garlic, raw
0.355%	0.532g	Ginger, fresh
0.213%	0.319g	Salt
0.177%	0.266g	Spices, chili powder
0.177%	0.266g	Papaya, unripe, green flesh, raw
0.124%	0.186g	Garam masala
0.124%	0.186g	Ground Cumin
0.035%	0.053g	Fenugreek leaves, raw
0.035%	0.053g	Peppers, capsicum, chilli, green, raw

Notes

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