

Maas Ke Sooley - fillets of beef marinated in Rajasthani chilli, tomato and papaya

Serving Size

Serving size 133g

Pack Size

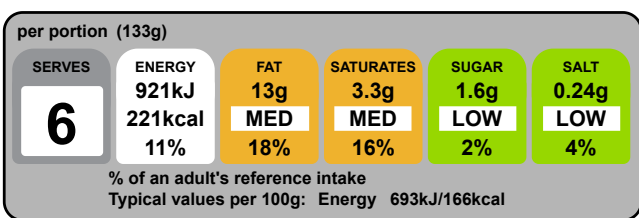
Pack size 798.0g

Number of servings 6

Nutrients

	per 100g	per 133 g serving
Energy	692.8kJ	921.4kJ
Energy	165.9kcal	220.7kcal
Fat	9.6g	12.7g
of which saturates	2.4g	3.3g
Carbohydrate	2.2g	2.9g
of which sugars	1.2g	1.6g
Added Sugar	0.0g	0.0g
Protein	17.7g	23.5g
Salt	0.18g	0.24g
Vitamin K	6.3µg	8.3µg

Graphics



Typical values	per 100g	per 133g serving
Energy	693kJ 166kcal	921kJ 221kcal
Fat	9.6g	13g
of which saturates	2.4g	3.3g
Carbohydrate	2.2g	2.9g
of which sugars	1.2g	1.6g
Protein	18g	24g
Salt	0.18g	0.24g

Nutrition Facts	Amount / serving		Amount / serving	
		% DV		% DV
6 servings per container Serving size 5oz (133g) Calories per serving 220	Total fat	13g 16%	Total Carbohydrate	4g 1%
	Saturated Fat	3.5g 16%	Dietary Fiber	less than 1g 0%
	Trans Fat	0g	Total Sugars	2g
	Cholesterol	60mg 20%	Incl. 0g Added Sugars	0%
	Sodium	95mg 4%	Protein	24g
	Vitamin D 2% • Calcium 2% • Iron 15% • Potassium 10%			

Nutri-Score

Fruit, Veget., Nuts

Nutri-Score

≤40 %



>40 %



>60 %



>80 %



Ingredients and Allergens

Beef, Yogurt (**Milk**), Rapeseed Oil, Tomato Purée, Chickpea Flour, Lemon Juice, Garlic, Ginger, Chilli Powder, Papaya, Garam Masala, Fenugreek Leaves, Green Chilli.

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

73.9%	98.3g	Beef, rump steak, raw, lean
12.3%	16.4g	Yogurt, Greek style, plain
5.07%	6.74g	Oil, rapeseed
3.62%	4.82g	Tomato puree
1.81%	2.41g	Chickpea flour (besan)
0.724%	0.963g	Lemon juice, fresh
0.724%	0.963g	Garlic, raw
0.724%	0.963g	Ginger, fresh
0.362%	0.482g	Chilli powder
0.362%	0.482g	Papaya, unripe, green flesh, raw
0.254%	0.337g	Garam masala
0.072%	0.096g	Fenugreek leaves, raw
0.072%	0.096g	Peppers, capsicum, chilli, green, raw

Notes

Maas Ke Sooley - fillets of beef marinated in Rajasthani chilli, tomato and papaya