

# Hyderabadi Soya Keema - Minced Soya and peas cooked with mint, coriander and roasted chilli, a truly traditional hyderabadi gem

## Serving Size

Serving size 300g

## Pack Size

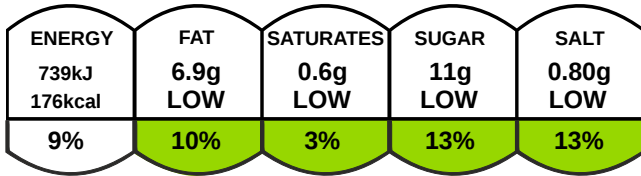
Pack size 600.0g  
Number of servings 2

## Nutrients

	per 100g	per 300 g serving
Energy	246.2kJ	738.5kJ
Energy	58.8kcal	176.4kcal
Fat	2.3g	6.9g
of which saturates	0.2g	0.6g
Carbohydrate	6.1g	18.4g
of which sugars	3.8g	11.3g
Added Sugar	0.0g	0.0g
Protein	2.0g	6.0g
Salt	0.27g	0.80g
Vitamin K	8.3µg	25.0µg

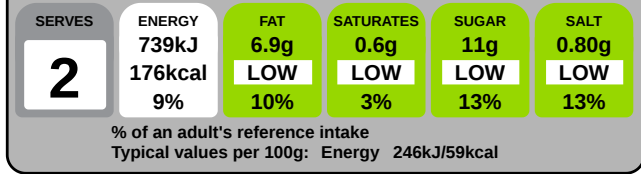
## Graphics

per serving (300g)



of your reference intake  
Typical values per 100g: Energy 246kJ/59kcal

per portion (300g)



Nutrition Facts	Amount / serving	% DV	Amount / serving	% DV
	Total Fat 7g	9%	Total Carb. 26g	10%
2 servings per container	Sat. Fat 0.5g	3%	Fiber 8g	28%
Serving size 11oz (300g)	Trans Fat 0g		Total Sugars 11g	
Calories per serving 180	Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 320mg	14%	Protein 6g	
	Vitamin D 0% • Calcium 6 • Iron 15% • Potassium 10%			

Nutrition Facts		Servings: 2, Serv. size: 11oz (300g),	
Amount per serving: <b>Calories 180</b> , Total Fat 7g (9% DV), Sat. Fat 0.5g (3% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 320mg (14% DV), Total Carb. 26g (10% DV), Fiber 8g (28% DV), Total Sugars 11g (Incl. 0g Added Sugars, 0% DV), Protein 6g, Vit. D (0% DV), Calcium (6% DV), Iron (15% DV), Potas. (10% DV).			

## Ingredients and Allergens

Tomatoes, **soya** Mince, Onion, Peas, Carrots, Garlic, Water, Rapeseed Oil, Ginger, Coriander Leaves, Ground Coriander, Tomato Purée, Salt, Chilli Powder, Ground Cumin, Cumin Seeds, Turmeric, Bay Leaf, Black Pepper, Cardamon, Garam Masala, Mint, Cloves.

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

30.7%	92.1g	Tomatoes, canned, whole contents
20.5%	61.4g	Soya Mince
16.4%	49.1g	Onions, raw
10.2%	30.7g	Peas, frozen, boiled in unsalted water
10.2%	30.7g	Carrots, young, raw

3.07%	9.21g	Garlic, raw
3.07%	9.21g	Water, tap, drinking
1.86%	5.59g	Oil, rapeseed
1.28%	3.84g	Ginger, fresh
1.02%	3.07g	Coriander leaves, fresh
0.307%	0.921g	Ground Coriander
0.256%	0.768g	Tomato puree
0.205%	0.614g	Salt
0.205%	0.614g	Chilli powder
0.205%	0.614g	Ground Cumin
0.154%	0.461g	Cumin seeds
0.154%	0.461g	Turmeric, ground
0.041%	0.123g	Bay leaf, dried
0.041%	0.123g	Pepper, black
0.031%	0.092g	Cardamon, ground
0.031%	0.092g	Garam masala
0.031%	0.092g	Mint, dried
0.005%	0.015g	Cloves, dried