

BEEF PEPPER FRY - Spicy dry curry from the South Indian state of Kerala, beef cooked with cracked black pepper, toasted coriander seed and cumin, and then sautéed with caramelised onion, bell peppers and curry leaves.

Serving Size	
Serving size	300g
Container Size	
Container size	600.0g
Number of servings	2

Graphics

11 oz (300g)

SERVES

2

ENERGY

1246kJ

297kcal

15%

FAT

16g

MED

23%

SATURATES

5.1g

MED

26%

SUGAR

18g

MED

20%

SALT

0.87g

LOW

14%

% of an adult's reference intake

Typical values per 100g: Energy 415kJ/99kcal

Typical values	per 100g	per 300g serving
Energy	415kJ	1246kJ
	99kcal	297kcal
Fat	5.4g	16g
of which saturates	1.7g	5.1g
Carbohydrate	6.6g	20g
of which sugars	5.9g	18g
Protein	7.3g	22g
Salt	0.29g	0.87g

Nutrition Facts

2 servings per container

Serving size 11 oz (300g)

Calories per serving 300

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 16g	21%	Total Carb. 27g	10%
Sat. Fat 5g	26%	Dietary Fiber 7g	25%
Trans Fat 0g		Total Sugars 18g	
Cholesterol 40mg	14%	Incl. 0g Added Sugars	0%
Sodium 340mg	15%	Protein 22g	

Vitamin D 2% • Calcium 8% • Iron 30% • Potassium 30%
Vitamin A 140% • Vitamin C 35% • Vitamin E 35% • Vitamin K 10%
Thiamin 70% • Riboflavin 30% • Niacin 60% • Vitamine B₆ 50%
Folate DFE 0% • Vitamine B₁₂ 60% • Biotin 18% • Pantothenate 14%
Phosphorus 22% • Iodine 6% • Iron 30% • Magnesium 20%
Zinc 30% • Selenium 11% • Copper 47% • Manganese 25%
Chloride 28% • Choline 0%

Nutri-Score

Fruit, Veget., Legumes

≤40 %

Nutri-Score

NUTRI-SCORE

A B C D E

>40 %

Nutri-Score

NUTRI-SCORE

A B C D E

>60 %

Nutri-Score

NUTRI-SCORE

A B C D E

>80 %

Nutri-Score

NUTRI-SCORE

A B C D E

Ingredients and Allergens

Beef, Tomato Purée, Water, Onion, Tamarind, Rapeseed Oil, Coconut Milk, Chilli Powder, Garlic, Coconut Oil, Ground Black Pepper, Ground Coriander, Curry Leaves, Ground Cumin, Turmeric, Garam Masala, Cumin Seeds, Cinnamon, Bay Leaf, Cloves, Cardamom Seeds, Ginger. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

26%	78g	Beef, brisket, raw, lean
21.8%	65.5g	Tomato puree
20.8%	62.4g	Water, tap, municipal
17.7%	53g	Onions, raw
3.12%	9.36g	Tamarind pulp, flesh only
2.37%	7.1g	Oil, rapeseed
2.08%	6.24g	Coconut milk
2.08%	6.24g	Chilli powder
1.56%	4.68g	Garlic, raw
0.95%	2.85g	Oil, coconut
0.416%	1.25g	Black Pepper Coarse Ground
0.416%	1.25g	Ground Coriander
0.208%	0.624g	Curry leaves, fresh
0.208%	0.624g	Ground Cumin
0.104%	0.312g	Turmeric, ground
0.104%	0.312g	Garam masala
0.031%	0.094g	Cumin seeds
0.021%	0.062g	Cinnamon, ground
0.016%	0.047g	Bay leaf, dried
0.01%	0.031g	Cloves, dried
0.01%	0.031g	Cardamom seeds
0.002%	0.005g	Ginger, fresh

Nutrients	per 100g	per 300 g serving
Energy	415.3kJ	1246.0kJ
Calories	99.0kcal	296.9kcal
Protein	7.3g	21.9g
Carbohydrate	6.6g	19.9g
Sugars	5.9g	17.7g
Starch	0.2g	0.6g
Added Sugar	0.0g	0.0g
Total Fat	5.4g	16.3g
Saturated Fat	1.7g	5.1g
Fatty Acids	2.3g	6.8g
Monounsaturated		
Fatty Acids Polyunsaturated	1.0g	3.0g
Trans Fat	0.1g	0.2g
Dietary Fiber	2.3g	7.0g
Sodium	113.5mg	340.4mg
Salt	0.29g	0.87g
Cholesterol	14.0mg	42.1mg
Vitamin A	428.8IU	1286.4IU
Vitamin A RAE	128.6µg	385.9µg
Carotene	774.0µg	2321.9µg
Alpha Carotene	0.0µg	0.0µg
Beta Carotene	356.9µg	1070.8µg
Retinol	trace	trace
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.3mg	0.8mg
Riboflavin	0.1mg	0.4mg
Niacin	3.5mg	10.4mg
Pantothenic Acid	0.2mg	0.7mg
Vitamin B6	0.3mg	0.8mg
Folic Acid	0.0µg	0.0µg
Dietary Folate Equivalents	0.0µg	0.0µg
Food Folate	0.0µg	0.0µg
Folate	15.0µg	44.9µg
Vitamin B12	0.5µg	1.6µg
Vitamin C	10.4mg	31.3mg
Vitamin D	5.2IU	15.6IU
Vitamin D MCG	0.1µg	0.4µg
Vitamin E	1.8mg	5.3mg
Biotin	1.8µg	5.4µg
Vitamin K	4.9µg	14.6µg
Calcium	37.9mg	113.8mg
Chloride	217.0mg	651.1mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.4mg
Iodine	3.0µg	9.0µg
Iron	1.7mg	5.1mg
Magnesium	27.6mg	82.7mg
Manganese	0.2mg	0.6mg
Nitrogen	1.2g	3.5g
Phosphorus	91.4mg	274.2mg
Potassium	463.0mg	1388.9mg
Selenium	2.1µg	6.2µg
Tryptophan/60	1.3mg	4.0mg
Zinc	1.2mg	3.6mg
Ash	0.0g	0.0g
Lutein Zeaxanthin	197.2µg	591.5µg
Lycopene	1275.6µg	3826.7µg
Water	74.8g	224.5g
Ethanol	0.0g	0.0g