

DHABA GOSHT - Spicy North Indian Mutton curry. Mutton on the bone simmered with caramelised onions, roasted tomato and Kashmiri chilli sauce.

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

Graphics

11 oz (300g)

SERVES

2

ENERGY
1607kJ
383kcal
19%

FAT
20g
MED
29%

SATURATES
5.5g
MED
28%

SUGAR
7.3g
LOW
8%

SALT
1.5g
MED
26%

% of an adult's reference intake
Typical values per 100g: Energy 536kJ/128kcal

Typical values	per 100g	per 300g serving
Energy	536kJ 128kcal	1607kJ 383kcal
Fat	6.7g	20g
of which saturates	1.8g	5.5g
Carbohydrate	3.5g	11g
of which sugars	2.4g	7.3g
Protein	14g	41g
Salt	0.51g	1.5g

Nutrition Facts

2 servings per container

Serving size 11 oz (300g)

Calories per serving 380

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 20g	26%	Total Carbohydrate 14g	5%
Saturated Fat 6g	28%	Dietary Fiber 3g	11%
Trans Fat 1.0g		Total Sugars 7g	
Cholesterol 130mg	44%	Includes 0g Added Sugars	0%
Sodium 610mg	26%	Protein 41g	

Vitamin D 0.8mcg 4% • Calcium 60mg 4% • Iron 3.8mg 20% • Potassium 900mg 20%
Vitamin A 220mcg 25% • Vitamin C 20mg 20% • Vitamin E 2.5mg 15% • Vitamin K 18mcg 15%
Thiamin 0.34mg 30% • Riboflavin 0.4mg 20% • Niacin 17.1mg 110% • Vitamin B6 0.62mg 46%
Folate 0mcg DFE 0mcg 0% • Vitamin B12 2.61mcg 110% • Biotin 5.8mcg 19% • Pantothenate 2.2mg 44%
Phosphorus 350mg 26% • Iodine 7mcg 5% • Iron 3.8mg 20% • Magnesium 60mg 15%
Zinc 6.4mg 60% • Selenium 5mcg 10% • Copper 0.27mg 30% • Manganese 0.37mg 16%
Chloride 360mg 43% • Choline 6mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutri-Score

Nutrition Facts

Fruit, Veget., Legumes

≤40 %

Nutri-Score

A B C D E

>40 %

Nutri-Score

A B C D E

>60 %

Nutri-Score

A B C D E

>80 %

Nutri-Score

A B C D E

Ingredients and Allergens

Lamb, Onion, Tomatoes, Rapeseed Oil, Ginger, Garlic, Tomato Purée, Coriander Leaves, Salt, Ground Coriander, Red Chilli, Turmeric, Ground Cumin, Garam Masala, Cardamon, Cinnamon, Ground Cloves, Black Pepper, Bay Leaf, Water.

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

43.5%	130.6g	Lamb, leg, whole, roasted, lean only
27.9%	83.6g	Onions, raw
17.4%	52.2g	Tomatoes, standard, raw
2.38%	7.14g	Oil, rapeseed
2.18%	6.53g	Ginger, fresh
2.18%	6.53g	Garlic, raw
1.74%	5.22g	Tomato puree
0.696%	2.09g	Coriander leaves, fresh
0.522%	1.57g	Garlic, raw
0.435%	1.31g	Salt
0.261%	0.783g	Ground Coriander
0.209%	0.627g	Peppers, capsicum, chilli, red, raw
0.174%	0.522g	Turmeric, ground
0.174%	0.522g	Ground Cumin
0.174%	0.522g	Garam masala
0.017%	0.052g	Cardamon, ground
0.017%	0.052g	Cinnamon, ground
0.017%	0.052g	Cloves, dried, ground
0.017%	0.052g	Pepper, black
0.017%	0.052g	Bay leaf, dried
0.003%	0.01g	Water, tap, municipal

Nutrients	per 100g	per 300 g serving
Energy	535.5kJ	1606.6kJ
Calories	127.6kcal	382.8kcal
Protein	13.7g	41.2g
Carbohydrate	3.5g	10.6g
Sugars	2.4g	7.3g
Starch	0.5g	1.5g
Added Sugar	0.0g	0.0g
Total Fat	6.7g	20.0g
Saturated Fat	1.8g	5.5g
Fatty Acids	3.2g	9.5g
Monounsaturated		
Fatty Acids Polyunsaturated	1.0g	3.1g
Trans Fat	0.3g	0.9g
Dietary Fiber	1.1g	3.2g
Sodium	201.9mg	605.6mg
Salt	0.5g	1.5g
Cholesterol	43.5mg	130.6mg
Vitamin A	73.7IU	221.0IU
Vitamin A RAE	22.1µg	66.3µg
Carotene	133.6µg	400.8µg
Alpha Carotene	0.3µg	0.8µg
Beta Carotene	114.4µg	343.2µg
Retinol	trace	trace
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.4mg
Niacin	5.7mg	17.1mg
Pantothenic Acid	0.7mg	2.2mg
Vitamin B6	0.2mg	0.6mg
Folic Acid	0.0µg	0.0µg
Dietary Folate Equivalents	0.0µg	0.0µg
Food Folate	0.0µg	0.0µg
Folate	9.5µg	28.4µg
Vitamin B12	0.9µg	2.6µg
Vitamin C	6.6mg	19.9mg
Vitamin D	12.2IU	36.6IU
Vitamin D MCG	0.3µg	0.9µg
Vitamin E	0.8mg	2.5mg
Biotin	1.9µg	5.8µg
Vitamin K	5.9µg	17.7µg
Calcium	20.6mg	61.7mg
Chloride	326.7mg	980.1mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.3mg
Iodine	2.5µg	7.5µg
Iron	1.3mg	3.9mg
Magnesium	20.7mg	62.0mg
Manganese	0.1mg	0.4mg
Nitrogen	2.2g	6.6g
Phosphorus	116.6mg	349.8mg
Potassium	300.6mg	901.9mg
Selenium	1.8µg	5.4µg
Tryptophan/60	2.7mg	8.1mg
Zinc	2.1mg	6.4mg
Ash	0.0g	0.0g
Lutein Zeaxanthin	34.5µg	103.6µg
Lycopene	190.0µg	569.9µg
Water	73.2g	219.7g
Ethanol	0.0g	0.0g