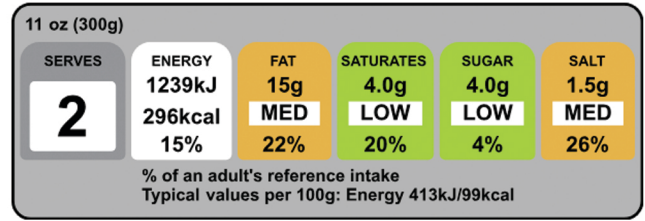


NALLI NIHARI -Mughlai slow-cooked, rich and flavourful lamb shank curry. Made with a blend of aromatic spices and bone marrow to create a uniquely rich and flavoursome gravy.

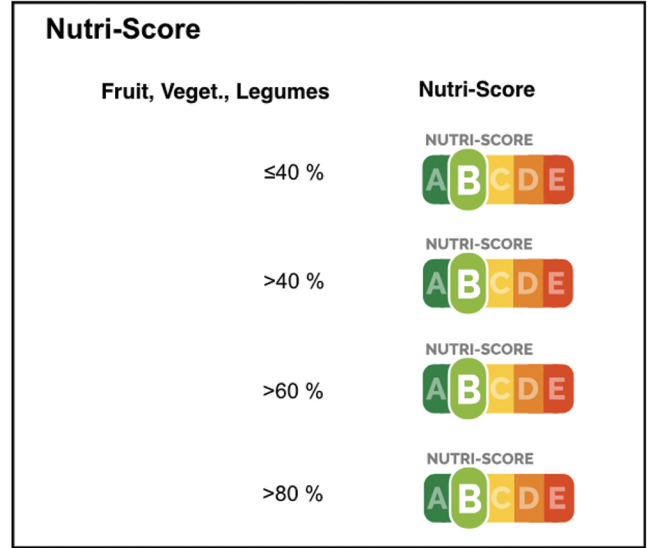
Serving Size	
Serving size	300g
Container Size	
Container size	600.0g
Number of servings	2

Graphics



Typical values	per 100g	per 300g serving
Energy	413kJ	1239kJ
	99kcal	296kcal
Fat	5.0g	15g
of which saturates	1.3g	4.0g
Carbohydrate	2.2g	6.7g
of which sugars	1.3g	4.0g
Protein	12g	35g
Salt	0.51g	1.5g

Nutrition Facts	Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 15g		19%	Total Carbohydrate 3g	3%
Saturated Fat 4.0g		20%	Dietary Fiber 2g	8%
Trans Fat 1.0g			Total Sugars 4g	
Cholesterol 120mg		40%	Includes 0g Added Sugars	0%
Sodium 600mg		26%	Protein 35g	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a diet of 5,000 calories a day. Values are based on dietitian advice.				
Vitamin D 0.7mcg 4% • Calcium 60mg 4% • Iron 3.7mg 20% • Potassium 600mg 15% Vitamin A 130mcg 15% • Vitamin C 30mg 4% • Vitamin E 1.1mg 8% • Vitamin K 6mg 4% Thiamin 0.25mg 20% • Riboflavin 0.3mg 25% • Niacin 14.3mg 90% • Vitamin B6 0.45mg 30% Folate 0mg DFE 0mg 0% • Vitamin B12 3.7mcg 140% • Biotin 2.8mg 8% • Pantothenic 1.7mg 33% Phosphorus 290mg 23% • Iodine 8mcg 6% • Iron 3.7mg 20% • Magnesium 50mg 11% Zinc 6.0mg 50% • Selenium 4mcg 8% • Copper 0.21mg 25% • Manganese 0.2mg 11% Chloride 850mg 37% • Choline 0mcg 0%				



Ingredients and Allergens

Water, Lamb, Onion, Garlic, Rapeseed Oil, Nihari Masala (**Soya**), Ground Coriander, Chillli Powder, Salt, Turmeric, Corn Flour, Ground Black Pepper, Ground Cumin, Cinnamon, Anise Seeds, Cardamon, Cloves, Bay Leaf.

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

36.3%	108.8g	Water, tap, municipal
36.3%	108.8g	Lamb, leg joint, roasted, lean
21.8%	65.3g	Onions, raw
1.45%	4.35g	Garlic, raw
1.32%	3.97g	Oil, rapeseed
0.726%	2.18g	Nihari Masala
0.605%	1.81g	Ground Coriander
0.423%	1.27g	Chillli powder
0.363%	1.09g	Salt
0.242%	0.726g	Turmeric, ground
0.242%	0.726g	Flour, corn
0.181%	0.544g	Black Pepper Coarse Ground
0.042%	0.127g	Ground Cumin
0.024%	0.073g	Cinnamon, ground
0.018%	0.054g	Anise seeds
0.012%	0.036g	Cardamon, ground
0.012%	0.036g	Cloves, dried
0.012%	0.036g	Bay leaf, dried

Nutrients	per 100g	per 300 g serving
Energy	413.0kJ	1239.0kJ
Calories	98.7kcal	296.0kcal
Protein	11.7g	35.1g
Carbohydrate	2.2g	6.7g
Sugars	1.3g	4.0g
Starch	0.4g	1.2g
Added Sugar	0.0g	0.0g
Total Fat	5.0g	15.1g
Saturated Fat	1.3g	4.0g
Fatty Acids	2.3g	7.0g
Monounsaturated		
Fatty Acids	0.7g	2.1g
Polyunsaturated		
Trans Fat	0.3g	0.9g
Dietary Fiber	0.7g	2.2g
Sodium	201.2mg	603.5mg
Salt	0.5g	1.5g
Cholesterol	39.9mg	119.7mg
Vitamin A	43.6IU	130.8IU
Vitamin A RAE	13.1µg	39.2µg
Carotene	78.6µg	235.7µg
Alpha Carotene	0.0µg	0.0µg
Beta Carotene	0.0µg	0.1µg
Retinol	trace	trace
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.3mg
Niacin	4.8mg	14.3mg
Pantothenic Acid	0.6mg	1.7mg
Vitamin B6	0.1mg	0.4mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	4.8µg	14.3µg
Vitamin B12	1.1µg	3.3µg
Vitamin C	0.9mg	2.7mg
Vitamin D	8.7IU	26.1IU
Vitamin D MCG	0.2µg	0.7µg
Vitamin E	0.4mg	1.1mg
Biotin	0.9µg	2.8µg
Vitamin K	1.9µg	5.8µg
Calcium	19.1mg	57.4mg
Chloride	283.5mg	850.6mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.2mg
Iodine	2.8µg	8.4µg
Iron	1.2mg	3.7mg
Magnesium	15.9mg	47.7mg
Manganese	0.1mg	0.2mg
Nitrogen	1.9g	5.6g
Phosphorus	96.0mg	288.0mg
Potassium	200.3mg	600.8mg
Selenium	1.5µg	4.5µg
Tryptophan/60	2.4mg	7.2mg
Zinc	2.0mg	6.0mg
Ash	0.0g	0.0g
Lutein Zeaxanthin	0.0µg	0.0µg
Lycopene	0.0µg	0.0µg
Water	77.8g	233.4g
Ethanol	0.0g	0.0g