

PRAWN PATHIA - Jumbo prawnsimmered in a hot Parsi sweet and sour western Indian curry flavoured with tamarind and citrus

Serving Size	
Serving size	250g
Container Size	
Container size	500.0g
Number of servings	2

Graphics

9 oz (250g)

SERVES

2

ENERGY

845kJ

202kcal

10%

FAT

12g

MED

17%

SATURATES

0.8g

LOW

4%

SUGAR

15g

MED

17%

SALT

0.98g

MED

16%

% of an adult's reference intake

Typical values per 100g: Energy 338kJ/81kcal

Typical values	per 100g	per 250g serving
Energy	338kJ	845kJ
	81kcal	202kcal
Fat	4.8g	12g
of which saturates	0.3g	0.8g
Carbohydrate	8.4g	21g
of which sugars	6.0g	15g
Protein	1.7g	4.3g
Salt	0.39g	0.98g

Nutrition Facts

2 servings per container

Serving size 9 oz (250g)

Calories per serving 200

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 12g	16%	Total Carbohydrate 26g	10%
Saturated Fat 1.0g	4%	Dietary Fiber 5g	19%
Trans Fat 0g		Total Sugars 15g	
Cholesterol 0mg	1%	Includes 0g Added Sugars	0%
Sodium 390mg	17%	Protein 4g	

Vitamin D 0mcg 0% • Calcium 110mg 8% • Iron 2.5mg 15% • Potassium 710mg 15%
Vitamin A 650mcg 70% • Vitamin C 24mg 25% • Vitamin E 3.7mg 25% • Vitamin K 18mcg 15%
Thiamin 0.29mg 25% • Riboflavin 0.1mg 6% • Niacin 2.3mg 15% • Vitamin B6 0.34mg 20%
Folate 0mcg 0% • Vitamin B12 0.01mcg 0% • Biotin 2.7mcg 8% • Pantothenate 0.3mg 6%
Phosphorus 100mg 8% • Iodine 5mcg 3% • Iron 2.5mg 15% • Magnesium 55mg 14%
Zinc 0.6mg 6% • Selenium 1mcg 1% • Copper 0.2mg 20% • Manganese 0.51mg 22%
Chloride 730mg 32% • Choline 0mcg 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

Fruit, Veget., Legumes

Nutri-Score

≤40 %

NUTRI-SCORE

ABCDE

>40 %

NUTRI-SCORE

ABCDE

>60 %

NUTRI-SCORE

ABCDE

>80 %

NUTRI-SCORE

ABCDE

Ingredients and Allergens

Onion, Tomatoes, Garlic, Rapeseed Oil, Tomato Purée, Molasses, Ginger, Curry Leaves, Chillli Powder, King Prawns (**Crustaceans**), Ground Coriander, Dried Red Chillies, Ground Cumin, Salt, Turmeric, Tamarind.

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

55.4%	138.5g	Onions, raw
22.8%	57g	Tomatoes, standard, raw
4.89%	12.2g	Garlic, raw
4.45%	11.1g	Oil, rapeseed
3.26%	8.15g	Tomato puree
2.44%	6.11g	Molasses
1.63%	4.07g	Garlic, raw
1.63%	4.07g	Ginger, fresh
0.978%	2.44g	Curry leaves, fresh
0.489%	1.22g	Chillli powder
0.44%	1.1g	Prawns, king, raw
0.407%	1.02g	Ground Coriander
0.326%	0.815g	Crushed Red Chillies, Dried
0.326%	0.815g	Ground Cumin
0.326%	0.815g	Salt
0.163%	0.407g	Turmeric, ground
0.013%	0.033g	Tamarind pulp, flesh only

Nutrients	per 100g	per 250 g serving
Energy	338.1kJ	845.3kJ
Calories	80.8kcal	202.0kcal
Protein	1.7g	4.3g
Carbohydrate	8.4g	20.9g
Sugars	6.0g	15.0g
Starch	1.0g	2.4g
Added Sugar	0.0g	0.0g
Total Fat	4.8g	12.1g
Saturated Fat	0.3g	0.8g
Fatty Acids	2.8g	6.9g
Monounsaturated		
Fatty Acids	1.5g	3.7g
Polyunsaturated		
Trans Fat	trace	trace
Dietary Fiber	2.2g	5.4g
Sodium	154.7mg	386.7mg
Salt	0.39g	0.98g
Cholesterol	0.7mg	1.7mg
Vitamin A	250.9IU	627.4IU
Vitamin A RAE	49.4µg	123.5µg
Carotene	298.1µg	745.3µg
Alpha Carotene	trace	trace
Beta Carotene	129.2µg	323.0µg
Retinol	trace	trace
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.0mg	0.1mg
Niacin	0.9mg	2.3mg
Pantothenic Acid	0.1mg	0.3mg
Vitamin B6	0.1mg	0.3mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	14.2µg	35.6µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	9.5mg	23.6mg
Vitamin D	trace	trace
Vitamin D MCG	trace	trace
Vitamin E	1.5mg	3.7mg
Biotin	1.1µg	2.7µg
Vitamin K	7.3µg	18.1µg
Calcium	42.7mg	106.7mg
Chloride	291.4mg	728.4mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.2mg
Iodine	1.9µg	4.8µg
Iron	1.0mg	2.5mg
Magnesium	22.7mg	56.8mg
Manganese	0.2mg	0.5mg
Nitrogen	0.3g	0.7g
Phosphorus	40.2mg	100.6mg
Potassium	282.1mg	705.2mg
Selenium	0.3µg	0.8µg
Tryptophan/60	0.4mg	0.9mg
Zinc	0.2mg	0.6mg
Ash	0.0g	0.1g
Lutein Zeaxanthin	54.1µg	135.2µg
Lycopene	306.1µg	765.2µg
Water	80.6g	201.5g
Ethanol	0.0g	0.0g