

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

Nutrition Facts	
Amount / serving	% Daily Value*
Total Fat 12g	15%
Total Carbohydrate 23g	8%
Saturated Fat 3.5g	18%
Dietary Fiber 6g	20%
Trans Fat 0g	
Total Sugars 16g	
Cholesterol 30mg	10%
Includes 0g Added Sugars	0%
Sodium 460mg	20%
Protein 17g	

2 servings per container
Serving size 11 oz (300g)
Calories per serving **230**

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

Vitamin D 0.3mcg 2% • Calcium 90mg 8% • Iron 4.1mg 25% • Potassium 1,170mg 25%
Vitamin A 1,070mcg 120% • Vitamin C 37mg 40% • Vitamin E 4.9mg 30% • Vitamin K 15mcg 15%
Thiamin 0.7mg 60% • Riboflavin 0.3mg 25% • Niacin 8.4mg 50% • Vitamin B6 0.66mg 40%
Folate 0mcg 0mcg 0% • Vitamin B12 1.11mcg 45% • Biotin 5.0mcg 17% • Pantothenate 0.6mg 12%
Phosphorus 210mg 15% • Iodine 8mcg 8% • Iron 4.1mg 25% • Magnesium 70mg 16%
Zinc 2.6mg 25% • Selenium 4mcg 8% • Copper 0.36mg 40% • Manganese 0.49mg 21%
Chloride 880mg 37% • Choline 0mcg 0%

Nutrients

	per 100g	per 300 g serving
Energy	317.9kJ	953.7kJ
Calories	75.7kcal	227.2kcal
Protein	5.5g	16.6g
Carbohydrate	5.7g	17.1g
Sugars	5.2g	15.6g
Starch	0.1g	0.4g
Added Sugar	0.0g	0.0g
Total Fat	3.9g	11.8g
Saturated Fat	1.2g	3.7g
Monounsaturated	1.6g	4.8g
Fats		
Polyunsaturated Fats	0.7g	2.1g
Trans Fat	0.1g	0.2g
Dietary Fiber	1.9g	5.6g
Sodium	154.5mg	463.6mg
Salt	0.4g	1.2g
Cholesterol	10.0mg	29.9mg
Vitamin A	355.9IU	1067.7IU
Vitamin A RAE	106.8µg	320.3µg
Carotene	641.6µg	1924.8µg
Alpha Carotene	0.0µg	0.0µg
Beta Carotene	337.9µg	1013.7µg
Retinol	trace	trace
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.2mg	0.7mg
Riboflavin	0.1mg	0.3mg
Niacin	2.8mg	8.4mg
Pantothenic Acid	0.2mg	0.6mg
Vitamin B6	0.2mg	0.7mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalent		
Food Folate	0.0µg	0.0µg
Folate	14.1µg	42.3µg
Vitamin B12	0.4µg	1.1µg
Vitamin C	12.2mg	36.5mg
Vitamin D	3.7IU	11.1IU
Vitamin D MCG	0.1µg	0.3µg
Vitamin E	1.6mg	4.9mg
Biotin	1.7µg	5.0µg
Vitamin K	5.1µg	15.3µg
Calcium	30.5mg	91.4mg
Chloride	285.0mg	855.1mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.4mg
Iodine	3.0µg	9.1µg
Iron	1.4mg	4.1mg
Magnesium	22.9mg	68.6mg
Manganese	0.2mg	0.5mg

Ingredients and Allergens

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

27.3%	81.9g	Tomatoes, canned, whole contents
18.5%	55.4g	Beef, brisket, raw, lean
15.5%	46.5g	Tomato puree
14.8%	44.3g	Water, tap, municipal
12.5%	37.6g	Onions, raw
2.21%	6.64g	Tamarind pulp, flesh only
1.68%	5.04g	Oil, rapeseed
1.48%	4.43g	Coconut milk
1.48%	4.43g	Chilli powder
1.48%	4.43g	Peppers, capsicum, chilli, green, raw
1.11%	3.32g	Garlic, raw
0.675%	2.02g	Oil, coconut
%		
0.295%	0.886g	Black Pepper Coarse Ground
%	g	
0.295%	0.886g	Ground Coriander
%	g	
0.185%	0.554g	Salt

%	g		Nitrogen	0.9g	2.7g
0.148	0.443	Curry leaves, fresh	Phosphorus	70.8mg	212.4mg
%	g		Potassium	390.1mg	1170.3mg
0.148	0.443	Ground Cumin	Selenium	1.5µg	4.4µg
%	g		Tryptophan/60	1.0mg	2.9mg
0.074	0.221g	Turmeric, ground	Zinc	0.9mg	2.6mg
%			Ash	0.0g	0.0g
0.074	0.221g	Garam masala	Lutein Zeaxanthin	187.8µg	563.3µg
%			Lycopene	1301.7µg	3905.2µg
0.044	0.133g	Nutmeg, ground	Water	79.8g	239.3g
%			Ethanol	0.0g	0.0g
0.022	0.066	Cumin seeds			
%	g				
0.015	0.044	Cinnamon, ground			
%	g				
0.011%	0.033	Bay leaf, dried			
	g				
0.007	0.022	Cloves, dried			
%	g				
0.007	0.022	Cardamom seeds			
%	g				
0.001	0.003	Ginger, fresh			
%	g				

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