

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

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 810mg	26%	Protein 41g	

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

2 servings per container
Serving size 11 oz (300g)
Calories per serving 380

Vitamin D 0.9mcg 4% • Calcium 69mg 4% • Iron 3.9mg 20% • Potassium 900mg 20%
 Vitamin A 220mcg 25% • Vitamin C 20mg 20% • Vitamin E 2.5mg 15% • Vitamin K 18mcg 15%
 Thiamin 0.44mg 30% • Riboflavin 0.43mg 30% • Niacin 17.1mg 110% • Vitamin B6 0.63mg 40%
 Folate 6mcg DFE 0mcg 0% • Vitamin B12 2.61mcg 110% • Biotin 5.9mcg 19% • Pantothenate 2.2mg 44%
 Phosphorus 350mg 25% • Iodine 7mcg 5% • Iron 3.9mg 20% • Magnesium 60mg 15%
 Zinc 6.4mg 60% • Selenium 5mcg 10% • Copper 0.27mg 30% • Manganese 0.37mg 16%
 Chloride 260mg 43% • Choline 6mg 0%

Nutrients

	per 100g	per 300 g serving
Energy	535.5kJ	1606.4kJ
Calories	127.6kcal	382.7kcal
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
Monounsaturated	3.2g	9.5g
Fats		
Polyunsaturated Fats	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	400.7µg
Alpha Carotene	0.3µg	0.8µg
Beta Carotene	114.4µg	343.1µg
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	0.0µg	0.0µg
Equivalent		
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	980.0mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.3mg
Iodine	2.5µg	7.4µg
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

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, Nutmeg, 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	0.783	Ground Coriander
%	g	
0.209	0.627	Peppers, capsicum, chilli, red, raw
%	g	
0.174%	0.522	Turmeric, ground
%	g	
0.174%	0.522	Ground Cumin
%	g	
0.174%	0.522	Garam masala

0.017	0.052	Cardamon, ground	Selenium	1.8µg	5.4µg
%	g		Tryptophan/60	2.7mg	8.1mg
0.017	0.052	Cinnamon, ground	Zinc	2.1mg	6.4mg
%	g		Ash	0.0g	0.0g
0.017	0.052	Cloves, dried, ground	Lutein Zeaxanthin	34.5µg	103.6µg
%	g		Lycopene	190.0µg	569.9µg
0.017	0.052	Pepper, black	Water	73.2g	219.7g
%	g		Ethanol	0.0g	0.0g
0.017	0.052	Bay leaf, dried			
%	g				
0.009	0.026	Nutmeg, ground			
%	g				
0.003	0.01g	Water, tap, municipal			
%					

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