

Lamb Bhuna Banjara - Smoked bhuna from Rajasthan, lamb in a rich caramelised shallot sauce spiced with mathania chilli, peppercorns and bay leaf

Serving Size

Nutrients

Serving size 300g

per 100g per 300 g serving

Container Size

Container size 600.0g

Number of servings 2

Graphics

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 19g	25%	Total Carbohydrate 14g	5%
Saturated Fat 6g	28%	Dietary Fiber 4g	15%
Trans Fat 1.0g		Total Sugars 7g	
Cholesterol 100mg	34%	Includes 0g Added Sugars	0%
Sodium 590mg	26%	Protein 30g	

*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 320

Vitamin D 0.5mcg 2% • Calcium 90mg 8% • Iron 4.7mg 25% • Potassium 950mg 20%
 Vitamin A 300mcg 60% • Vitamin C 25mg 30% • Vitamin E 2.4mg 15% • Vitamin K 40mcg 55%
 Thiamin 0.33mg 30% • Riboflavin 0.34mg 25% • Niacin 13.7mg 30% • Vitamin B6 0.63mg 40%
 Folate 0mcg DFE 0mcg 0% • Vitamin B12 2.68mcg 110% • Biotin 4.2mcg 14% • Pantothenate 1.5mg 30%
 Phosphorus 350mg 25% • Iodine 11mcg 8% • Iron 4.7mg 25% • Magnesium 65mg 16%
 Zinc 5.0mg 45% • Selenium 6mcg 11% • Copper 0.28mg 31% • Manganese 0.49mg 21%
 Chloride 940mg 41% • Choline 6mg 0%

Energy	446.2kJ	1338.6kJ
Calories	106.8kcal	320.5kcal
Protein	10.0g	30.0g
Carbohydrate	3.2g	9.5g
Sugars	2.2g	6.7g
Starch	0.5g	1.4g
Added Sugar	0.0g	0.0g
Total Fat	6.4g	19.2g
Saturated Fat	1.9g	5.6g
Monounsaturated	2.9g	8.6g
Fats		
Polyunsaturated Fats	1.0g	3.0g
Trans Fat	0.3g	0.8g
Dietary Fiber	1.4g	4.1g
Sodium	196.6mg	589.7mg
Salt	0.5g	1.5g
Cholesterol	33.5mg	100.5mg
Vitamin A	168.2IU	504.7IU
Vitamin A RAE	49.6µg	148.8µg
Carotene	269.6µg	808.8µg
Alpha Carotene	0.6µg	1.8µg
Beta Carotene	139.8µg	419.4µg
Retinol	4.8µg	14.4µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.3mg
Niacin	4.6mg	13.7mg
Pantothenic Acid	0.5mg	1.5mg
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	15.9µg	47.8µg
Vitamin B12	0.9µg	2.7µg
Vitamin C	8.4mg	25.3mg
Vitamin D	7.2IU	21.7IU
Vitamin D MCG	0.2µg	0.5µg
Vitamin E	0.8mg	2.4mg
Biotin	1.4µg	4.2µg
Vitamin K	13.3µg	40.0µg
Calcium	31.4mg	94.1mg
Chloride	312.5mg	937.5mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.3mg
Iodine	3.8µg	11.4µg
Iron	1.6mg	4.7mg
Magnesium	22.2mg	66.7mg
Manganese	0.2mg	0.5mg
Nitrogen	1.6g	4.8g
Phosphorus	109.7mg	329.0mg
Potassium	316.3mg	948.8mg

Ingredients and Allergens

Lamb, Onion, Tomatoes, Cabbage, Garlic, Rapeseed Oil, Water, Ginger, Tomato Purée, Coriander Leaves, Chilli Powder, Ground Coriander, Salt, Garam Masala, Curry Powder (**Mustard**), Butter (**Milk**), Ground Cumin, Turmeric, Black Pepper, Cardamon, Coriander Seeds, Cloves, Fennel Seeds, Cumin Seeds, Nutmeg, Dried Red Chillies, Bay Leaf, Star Anise.

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

44.6%	133.9g	Lamb, lean only, raw, average
20.1%	60.2g	Onions, raw
13.4%	40.2g	Tomatoes, standard, raw
6.69%	20.1g	Cabbage, white, raw
2.79%	8.37g	Garlic, raw
2.23%	6.69g	Oil, rapeseed
2.23%	6.69g	Water, tap, drinking
1.67%	5.02g	Ginger, fresh
1.67%	5.02g	Tomato puree
1.67%	5.02g	Coriander leaves, fresh
0.669	2.01g	Chilli powder
%		
0.446	1.34g	Ground Coriander
%		
0.335	1g	Salt
%		
0.223	0.669	Garam masala
%	g	
0.223	0.669	Curry powder
%	g	
0.007	0.000	Butter, unsalted

0.223	0.669	Butter, salted	Selenium	1.9µg	5.8µg
%	g		Tryptophan/60	1.9mg	5.7mg
0.167	0.502	Ground Cumin	Zinc	1.7mg	5.0mg
%	g		Ash	0.0g	0.0g
0.167	0.502	Turmeric, ground	Lutein Zeaxanthin	29.6µg	88.7µg
%	g		Lycopene	165.6µg	496.9µg
0.167	0.502	Turmeric, ground	Water	76.4g	229.3g
%	g		Ethanol	0.0g	0.0g
0.045	0.134g	Pepper, black			
%					
0.045	0.134g	Cardamon, ground			
%					
0.045	0.134g	Coriander seeds			
%					
0.045	0.134g	Cloves, dried			
%					
0.033	0.1g	Fennel seeds			
%					
0.022	0.067	Cloves, dried			
%	g				
0.022	0.067	Cumin seeds			
%	g				
0.011%	0.033	Cloves, dried			
	g				
0.011%	0.033	Nutmeg, ground			
	g				
0.011%	0.033	Crushed Red Chillies, Dried			
	g				
0.011%	0.033	Bay leaf, dried			
	g				
0.011%	0.033	Star Anise			
	g				