

# Paneer Makhni -North Indian style tandoori paneer in a smooth aromatic buttery tomato sauce, finished with local honey and ground fenugreek

Serving Size

Nutrients

Serving size 300g

Container Size

Container size 600.0g

Number of servings 2

Graphics

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
<b>Total Fat</b> 46g	<b>99%</b>	<b>Total Carbohydrate</b> 17g	<b>6%</b>
Saturated Fat 24g	121%	Dietary Fiber 3g	10%
Trans Fat 1.5g		Total Sugars 10g	
<b>Cholesterol</b> 35mg	<b>11%</b>	Includes 2g Added Sugars	<b>4%</b>
<b>Sodium</b> 640mg	<b>28%</b>	<b>Protein</b> 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 the basis for general nutrition advice.

**2 servings per container**  
**Serving size**  
**11 oz (300g)**  
**Calories per serving 590**

Vitamin D 0.1mcg 0% • Calcium 600mg 45% • Iron 2.7mg 15% • Potassium 530mg 10%  
Vitamin A 1.560mcg 170% • Vitamin C 37mg 40% • Vitamin E 3.2mg 20% • Vitamin K 13mcg 10%  
Thiamin 0.14mg 10% • Riboflavin 0.35mg 25% • Niacin 10.5mg 49% • Vitamin B6 0.25mg 15%  
Folate 10mcg DFE 10mcg 3% • Vitamin B12 0.05mcg 2% • Biotin 0.8mcg 3% • Pantothenate 0.3mg 6%  
Phosphorus 460mg 39% • Iodine 9mcg 5% • Iron 2.7mg 15% • Magnesium 85mg 20%  
Zinc 3.9mg 35% • Selenium 1mcg 1% • Copper 0.35mg 39% • Manganese 0.47mg 20%  
Chloride 720mg 31% • Choline 10mg 2%

	per 100g	per 300 g serving
Energy	814.3kJ	2443.0kJ
Calories	196.2kcal	588.7kcal
Protein	10.1g	30.3g
Carbohydrate	4.7g	14.1g
Sugars	3.4g	10.2g
Starch	0.2g	0.7g
Added Sugar	0.7g	2.0g
Total Fat	15.4g	46.1g
Saturated Fat	8.1g	24.3g
Monounsaturated	4.8g	14.4g
Fats		
Polyunsaturated Fats	1.7g	5.0g
Trans Fat	0.6g	1.7g
Dietary Fiber	1.0g	2.9g
Sodium	212.3mg	637.0mg
Salt	0.5g	1.6g
Cholesterol	11.1mg	33.2mg
Vitamin A	520.9IU	1562.6IU
Vitamin A RAE	141.7µg	425.1µg
Carotene	74.4µg	223.1µg
Alpha Carotene	trace	trace
Beta Carotene	75.2µg	225.6µg
Retinol	126.3µg	378.9µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.0mg	0.1mg
Riboflavin	0.1mg	0.4mg
Niacin	3.3mg	10.0mg
Pantothenic Acid	0.1mg	0.3mg
Vitamin B6	0.1mg	0.3mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	3.5µg	10.6µg
Equivalent		
Food Folate	6.2µg	18.6µg
Folate	17.5µg	52.5µg
Vitamin B12	0.0µg	0.1µg
Vitamin C	12.3mg	37.0mg
Vitamin D	1.3IU	3.9IU
Vitamin D MCG	0.0µg	0.1µg
Vitamin E	1.1mg	3.2mg
Biotin	0.3µg	0.8µg
Vitamin K	4.2µg	12.7µg
Calcium	200.7mg	602.2mg
Chloride	241.0mg	722.9mg
Choline	3.5µg	10.5µg
Copper	0.1mg	0.4mg
Iodine	2.6µg	7.8µg
Iron	0.9mg	2.7mg
Magnesium	27.8mg	83.3mg
Manganese	0.2mg	0.5mg
Nitrogen	1.5g	4.6g
Phosphorus	162.3mg	486.8mg
Potassium	177.9mg	533.6mg

## Ingredients and Allergens

Paneer (**Milk**), Tomatoes, Onion, Cream (**Milk**), Butter (**Milk**), Water, Peppers, Bell, Green, Raw, Peppers, Bell, Yellow, Raw, Peppers, Bell, Red, Raw, Rapeseed Oil, Melon Seeds, Ginger, Garlic, Honey, Salt, Tomato Purée, Chilli Powder, Ground Coriander, Fenugreek Seeds, Ground Cumin, Cardamon, Garam Masala.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

32.6%	97.9g	Cheese, Paneer
27.2%	81.6g	Tomatoes, crushed, canned
10.9%	32.6g	Onions, raw
7.25%	21.8g	Cream, dairy, UHT, half fat, canned spray
3.63%	10.9g	Butter, unsalted
2.72%	8.16g	Water, tap, drinking
2.41%	7.23g	Peppers, bell, green, raw
2.41%	7.23g	Peppers, bell, yellow, raw
2.41%	7.23g	Peppers, bell, red, raw
2.06%	6.19g	Oil, rapeseed
1.81%	5.44g	Melon seeds
1.13%	3.4g	Ginger, fresh
1.13%	3.4g	Garlic, raw
0.906	2.72g	Honey
%		
0.363	1.09g	Salt
%		
0.227	0.68g	Tomato puree
%		
0.181%	0.544	Chilli powder

			Selenium	0.3µg	0.8µg
0.181%	0.544	Ground Coriander	Tryptophan/60	2.8mg	8.4mg
			Zinc	1.3mg	3.9mg
0.181%	0.544	Fenugreek seeds	Ash	0.4g	1.2g
			Lutein Zeaxanthin	47.9µg	143.8µg
0.091	0.272	Ground Cumin	Lycopene	1401.6µg	4204.8µg
%			Water	66.6g	199.7g
0.091	0.272	Cardamon, ground	Ethanol	0.0g	0.0g
%					
0.068	0.204	Garam masala			
%					
0.045	0.136g	Cardamon, ground			
%					

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