

# PRAWN PATHIA - Jumbo prawns simmered 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

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
<b>Total Fat</b> 10g	<b>13%</b>	<b>Total Carbohydrate</b> 22g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>	Dietary Fiber 4g	<b>16%</b>
Trans Fat 0g		Total Sugars 13g	
Cholesterol 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
Sodium 320mg	<b>14%</b>	<b>Protein</b> 4g	

\*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.

**Nutrition Facts**  
 2 servings per container  
**Serving size 9 oz (250g)**  
**Calories per serving 170**

Vitamin D 0mg 0% • Calcium 90mg 8% • Iron 2.1mg 10% • Potassium 600mg 15%  
 Vitamin A 520mcg 60% • Vitamin C 25mg 30% • Vitamin E 3.0mg 20% • Vitamin K 15mcg 10%  
 Thiamin 0.25mg 20% • Riboflavin 0.07mg 6% • Nicotin 1.9mg 10% • Vitamin B6 0.25mg 20%  
 Folate 0mg DFE 0mg 0% • Vitamin B12 0.01mcg 0% • Biotin 2.3mcg 8% • Pantothenate 0.3mg 5%  
 Phosphorus 50mg 7% • Iodine 4mcg 3% • Iron 2.1mg 10% • Magnesium 50mg 11%  
 Zinc 0.5mg 4% • Selenium 1mcg 1% • Copper 0.17mg 19% • Manganese 0.42mg 18%  
 Chloride 800mg 26% • Choline 0mg 0%

## Nutrients

	per 100g	per 250 g serving
Energy	281.6kJ	704.0kJ
Calories	67.3kcal	168.2kcal
Protein	1.4g	3.6g
Carbohydrate	7.0g	17.5g
Sugars	5.1g	12.7g
Starch	0.8g	2.0g
Added Sugar	0.0g	0.0g
Total Fat	4.0g	10.0g
Saturated Fat	0.3g	0.7g
Monounsaturated Fats	2.3g	5.7g
Polyunsaturated Fats	1.2g	3.0g
Trans Fat	trace	trace
Dietary Fiber	1.8g	4.5g
Sodium	128.0mg	320.1mg
Salt	0.33g	0.81g
Cholesterol	0.5mg	1.4mg
Vitamin A	208.0IU	520.1IU
Vitamin A RAE	41.0µg	102.5µg
Carotene	247.4µg	618.4µg
Alpha Carotene	trace	trace
Beta Carotene	107.6µg	269.0µg
Retinol	trace	trace
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.2mg
Riboflavin	0.0mg	0.1mg
Niacin	0.8mg	1.9mg
Pantothenic Acid	0.1mg	0.3mg
Vitamin B6	0.1mg	0.3mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalent		
Food Folate	0.0µg	0.0µg
Folate	12.5µg	31.3µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	10.0mg	24.9mg
Vitamin D	trace	trace
Vitamin D MCG	trace	trace
Vitamin E	1.2mg	3.0mg
Biotin	0.9µg	2.3µg
Vitamin K	6.0µg	15.0µg
Calcium	35.7mg	89.4mg
Chloride	241.3mg	603.2mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.2mg
Iodine	1.6µg	4.0µg
Iron	0.8mg	2.1mg
Magnesium	19.2mg	48.0mg
Manganese	0.2mg	0.4mg
Nitrogen	0.2g	0.6g
Phosphorus	33.8mg	84.4mg
Potassium	241.1mg	602.8mg

## Ingredients and Allergens

Onion, Tomatoes, Jaggery, Lemon Juice (**Sulphites**), Garlic, Rapeseed Oil, Tomato Purée, Molasses, Ginger, Curry Leaves, Chilli 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**.

45.8%	114.6g	Onions, raw
18.9%	47.2g	Tomatoes, standard, raw
11.3%	28.3g	Jaggery
5.93%	14.8g	Lemon juice, fresh
4.05%	10.1g	Garlic, raw
3.69%	9.21g	Oil, rapeseed
2.7%	6.74g	Tomato puree
2.02%	5.06g	Molasses
1.35%	3.37g	Garlic, raw
1.35%	3.37g	Ginger, fresh
0.809	2.02g	Curry leaves, fresh
%		
0.405	1.01g	Chilli powder
%		
0.364	0.91g	Prawns, king, raw
%		
0.337	0.843	Ground Coriander
%	g	
0.27%	0.674	Crushed Red Chillies, Dried
	g	
0.27%	0.674	Ground Cumin
	g	

0.27%	0.674	Salt	Selenium	0.3µg	0.8µg
	g		Tryptophan/60	0.3mg	0.8mg
0.135%	0.337g	Turmeric, ground	Zinc	0.2mg	0.5mg
0.011%	0.027	Tamarind pulp, flesh only	Ash	0.0g	0.0g
	g		Lutein Zeaxanthin	44.7µg	111.9µg
			Lycopene	253.3µg	633.1µg
			Water	72.1g	180.3g
			Ethanol	0.0g	0.0g

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