Signature Pilao - Aged basmati cooked with aromats and fresh herbs

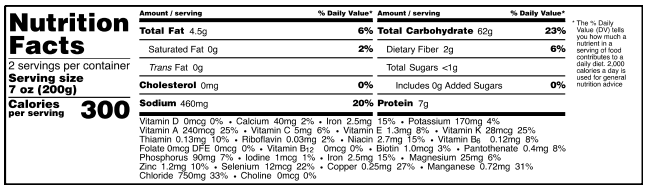
Serving Size

Serving size	200g

Container Size

Container size	400.0g
Number of servings	2

Graphics



Nutrition Facts

2 servings per container
Serving size
7 oz (200g)

Calories per serving **300**

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 4.5g	**6%**	**Total Carbohydrate** 62g	**23%**
Saturated Fat 0g	**2%**	Dietary Fiber 2g	**6%**
Trans Fat 0g		Total Sugars <1g	
Cholesterol 0mg	**0%**	Includes 0g Added Sugars	**0%**
Sodium 460mg	**20%**	**Protein** 7g	

* 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

Vitamin D 0mcg 0% • Calcium 40mg 2% • Iron 2.5mg 15% • Potassium 170mg 4%
Vitamin A 240mcg 25% • Vitamin C 5mg 6% • Vitamin E 1.3mg 8% • Vitamin K 28mcg 25%
Thiamin 0.13mg 10% • Riboflavin 0.03mg 2% • Niacin 2.7mg 15% • Vitamin B_6 0.12mg 8%
Folate 0mcg DFE 0mcg 0% • Vitamin B_{12} 0mcg 0% • Biotin 1.0mcg 3% • Pantothenate 0.4mg 8%
Phosphorus 90mg 7% • Iodine 1mcg 1% • Iron 2.5mg 15% • Magnesium 25mg 6%
Zinc 1.2mg 10% • Selenium 12mcg 22% • Copper 0.25mg 27% • Manganese 0.72mg 31%
Chloride 750mg 33% • Choline 0mcg 0%

Ingredients and Allergens

Water, Basmati Rice, Onion, Tomatoes, Coriander Leaves, Rapeseed Oil, Mint, Garlic, Ginger, Salt, Cumin Seeds, Garam Masala, Chilli Powder, Star Anise, Cardamon, Cinnamon, Black Pepper, Bay Leaf, Cloves, Mace.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

57.4%	114.8g	Water, tap, drinking
28.7%	57.4g	Rice, white, basmati, raw
3.59%	7.18g	Onions, raw
2.87%	5.74g	Tomatoes, standard, raw
2.87%	5.74g	Coriander leaves, fresh
1.44%	2.87g	Oil, rapeseed
1.15%	2.3g	Mint, fresh
0.431%	0.861g	Garlic, raw
0.431%	0.861g	Ginger, fresh
0.431%	0.861g	Salt
0.287%	0.574g	Cumin seeds
0.144%	0.287g	Garam masala
0.144%	0.287g	Chilli powder
0.026%	0.052g	Star Anise
0.026%	0.052g	Cardamon, ground
0.014	0.029	Cinnamon, ground

Nutrients

	per 100g	per 200 g serving
Energy	643.0kJ	1285.9kJ
Calories	151.6kcal	303.1kcal
Protein	3.4g	6.8g
Carbohydrate	30.3g	60.6g
Sugars	0.5g	1.0g
Starch	28.3g	56.5g
Added Sugar	0.0g	0.0g
Total Fat	2.2g	4.4g
Saturated Fat	0.2g	0.4g
Monounsaturated Fats	1.2g	2.4g
Polyunsaturated Fats	0.6g	1.3g
Trans Fat	trace	trace
Dietary Fiber	0.8g	1.6g
Sodium	232.0mg	464.1mg
Salt	0.6g	1.2g
Cholesterol	0.0mg	0.0mg
Vitamin A	117.5IU	235.0IU
Vitamin A RAE	35.3µg	70.5µg
Carotene	211.4µg	422.9µg
Alpha Carotene	1.3µg	2.7µg
Beta Carotene	158.5µg	316.9µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.1mg
Riboflavin	0.0mg	0.0mg
Niacin	1.3mg	2.7mg
Pantothenic Acid	0.2mg	0.4mg
Vitamin B6	0.1mg	0.1mg
Folic Acid	0.0µg	0.0µg
Dietary Folate Equivalents	0.0µg	0.0µg
Food Folate	0.0µg	0.0µg
Folate	9.9µg	19.8µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	2.6mg	5.1mg
Vitamin D	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	0.7mg	1.3mg
Biotin	0.5µg	1.0µg
Vitamin K	14.0µg	28.1µg
Calcium	19.4mg	38.9mg
Chloride	374.3mg	748.5mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.2mg
Iodine	0.4µg	0.9µg
Iron	1.3mg	2.5mg
Magnesium	12.6mg	25.2mg
Manganese	0.4mg	0.7mg
Nitrogen	0.6g	1.1g
Phosphorus	46.5mg	93.1mg
Potassium	86.3mg	172.7mg
Selenium	5.9µg	11.9µg
Tryptophan/60	0.8mg	1.6mg

%	g	
0.014 %	0.029 g	Pepper, black
0.014 %	0.029 g	Bay leaf, dried
0.006 %	0.011g	Cloves, dried
0.004 %	0.009 g	Mace, ground

Zinc	0.6mg	1.2mg
Ash	0.0g	0.0g
Lutein Zeaxanthin	4.0µg	8.0µg
Lycopene	18.8µg	37.5µg
Water	0.0g	0.0g
Ethanol	0.0g	0.0g