

# BEEF THAWA SHEEK KEBAB - Beef mince kebabs cooked with peppers and onion in a garlic chilli chutney

## Serving Size

Serving size100g

## Container Size

Container size500.0g  
Number of servings5

## Graphics

| Nutrition Facts                                                                                                                                                    | Amount / serving   | % Daily Value* | Amount / serving         | % Daily Value* |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|----------------|--------------------------|----------------|
|                                                                                                                                                                    | Total Fat 8g       | 11%            | Total Carbohydrate 8g    | 3%             |
|                                                                                                                                                                    | Saturated Fat 3.0g | 16%            | Dietary Fiber 1g         | 5%             |
|                                                                                                                                                                    | Trans Fat 0g       |                | Total Sugars 1g          |                |
|                                                                                                                                                                    | Cholesterol 40mg   | 13%            | Includes 0g Added Sugars | 0%             |
|                                                                                                                                                                    | Sodium 120mg       | 5%             | Protein 14g              |                |
| *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 5,000 calories a day is used for general nutrition advice. |                    |                |                          |                |

5 servings per container

Serving size 3.5 oz (100g)

Calories per serving 150

Vitamin D 0.3mcg 2% • Calcium 20mg 2% • Iron 1.2mg 6% • Potassium 250mg 6% • Vitamin A 90mcg 10% • Vitamin C 20mg 30% • Vitamin E 0.4mg 2% • Vitamin K 2mcg 2% • Thiamin 0.09mg 8% • Riboflavin 0.12mg 10% • Niacin 6.5mg 40% • Vitamin B6 0.3mg 20% • Folate 0mg DFE 0mcg 0% • Vitamin B12 0.83mcg 30% • Biotin 1.6mcg 5% • Pantothenate 0.5mg 10% • Phosphorus 120mg 10% • Iodine 5mcg 3% • Iron 1.2mg 6% • Magnesium 20mg 5% • Zinc 2.0mg 20% • Selenium 5mcg 10% • Copper 0.05mg 6% • Manganese 0.17mg 7% • Chloride 110mg 5% • Choline 9mcg 0%

## Ingredients and Allergens

Beef, Chicken, Onion, Chick Pea Flour, Peppers, Bell, Green, Raw, Peppers, Bell, Yellow, Raw, Peppers, Bell, Red, Raw, Spring Onion, Chilli Sauce, Encona Original Hot Pepper (**Mustard**), Garlic, Ginger, **Egg**, Dried Red Chillies, Red Chilli, Coriander Leaves, Monosodium Glutamate E621, Soy Sauce (**Soya**), MDH Kitchen King Masala (**Mustard**), Coriander Seeds, Cumin Seeds, Rapeseed Oil, Szechuan Peppercorn.  
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

|        |        |                                     |
|--------|--------|-------------------------------------|
| 41.1%  | 41.1g  | Beef, mince, raw                    |
| 13%    | 13g    | Chicken, meat, average, roasted     |
| 10.8%  | 10.8g  | Onions, raw                         |
| 6.49%  | 6.49g  | Flour, gram                         |
| 6.49%  | 6.49g  | Peppers, bell, green, raw           |
| 6.49%  | 6.49g  | Peppers, bell, yellow, raw          |
| 6.49%  | 6.49g  | Peppers, bell, red, raw             |
| 2.16%  | 2.16g  | Spring onions, bulbs and tops, raw  |
| 2.16%  | 2.16g  | Chilli sauce                        |
| 1.3%   | 1.3g   | Onions, raw                         |
| 0.951% | 0.951g | Encona Original hot Pepper          |
| 0.324% | 0.324g | Garlic, raw                         |
| 0.324% | 0.324g | Ginger, fresh                       |
| 0.324% | 0.324g | Eggs, chicken, whole, raw           |
| 0.216% | 0.216g | Crushed Red Chillies, Dried         |
| 0.216% | 0.216g | Peppers, capsicum, chilli, red, raw |

## Nutrients

|                      | per 100g  | per 100 g serving |
|----------------------|-----------|-------------------|
| Energy               | 637.8kJ   | 637.8kJ           |
| Calories             | 152.7kcal | 152.7kcal         |
| Protein              | 13.6g     | 13.6g             |
| Carbohydrate         | 6.2g      | 6.2g              |
| Sugars               | 1.2g      | 1.2g              |
| Starch               | 3.1g      | 3.1g              |
| Added Sugar          | 0.0g      | 0.0g              |
| Total Fat            | 8.3g      | 8.3g              |
| Saturated Fat        | 3.2g      | 3.2g              |
| Monounsaturated Fats | 3.5g      | 3.5g              |
| Polyunsaturated Fats | 0.6g      | 0.6g              |
| Trans Fat            | 0.3g      | 0.3g              |
| Dietary Fiber        | 1.4g      | 1.4g              |
| Sodium               | 118.1mg   | 118.1mg           |
| Salt                 | 0.30g     | 0.30g             |
| Cholesterol          | 39.4mg    | 39.4mg            |
| Vitamin A            | 90.0IU    | 90.0IU            |
| Vitamin A RAE        | 9.8µg     | 9.8µg             |
| Carotene             | 47.6µg    | 47.6µg            |
| Alpha Carotene       | 0.1µg     | 0.1µg             |
| Beta Carotene        | 24.0µg    | 24.0µg            |
| Retinol              | 1.8µg     | 1.8µg             |
| Beta Cryptoxanthin   | 0.0µg     | 0.0µg             |
| Thiamin              | 0.1mg     | 0.1mg             |
| Riboflavin           | 0.1mg     | 0.1mg             |
| Niacin               | 6.5mg     | 6.5mg             |
| Pantothenic Acid     | 0.5mg     | 0.5mg             |
| Vitamin B6           | 0.3mg     | 0.3mg             |
| Folic Acid           | 0.0µg     | 0.0µg             |
| Dietary Folate       | 0.0µg     | 0.0µg             |
| Equivalents          |           |                   |
| Food Folate          | 7.2µg     | 7.2µg             |
| Folate               | 29.9µg    | 29.9µg            |
| Vitamin B12          | 0.8µg     | 0.8µg             |
| Vitamin C            | 26.5mg    | 26.5mg            |
| Vitamin D            | 13.0IU    | 13.0IU            |
| Vitamin D MCG        | 0.3µg     | 0.3µg             |
| Vitamin E            | 0.4mg     | 0.4mg             |
| Biotin               | 1.6µg     | 1.6µg             |
| Vitamin K            | 1.6µg     | 1.6µg             |
| Calcium              | 17.8mg    | 17.8mg            |
| Chloride             | 106.2mg   | 106.2mg           |
| Choline              | 0.0µg     | 0.0µg             |
| Copper               | 0.1mg     | 0.1mg             |
| Iodine               | 5.1µg     | 5.1µg             |
| Iron                 | 1.2mg     | 1.2mg             |
| Magnesium            | 19.4mg    | 19.4mg            |
| Manganese            | 0.2mg     | 0.2mg             |
| Nitrogen             | 2.1g      | 2.1g              |
| Phosphorus           | 120.0mg   | 120.0mg           |
| Potassium            | 245.6mg   | 245.6mg           |
| Selenium             | 5.3µg     | 5.3µg             |
| Tryptophan/60        | 2.5mq     | 2.5mq             |

|        |        |                                     |                   |       |       |
|--------|--------|-------------------------------------|-------------------|-------|-------|
| %      |        |                                     | Zinc              | 2.0mg | 2.0mg |
| 0.216  | 0.216g | Coriander leaves, fresh             | Ash               | 0.1g  | 0.1g  |
| %      |        |                                     | Lutein Zeaxanthin | 0.3µg | 0.3µg |
| 0.216  | 0.216g | MSG Monosodium Glutamate            | Lycopene          | trace | trace |
| %      |        |                                     | Water             | 68.4g | 68.4g |
| 0.173% | 0.173g | Soy sauce, light and dark varieties | Ethanol           | 0.0g  | 0.0g  |
| 0.173% | 0.173g | MDH Kitchen King Masala             |                   |       |       |
| 0.13%  | 0.13g  | Coriander seeds                     |                   |       |       |
| 0.13%  | 0.13g  | Cumin seeds                         |                   |       |       |
| 0.108  | 0.108g | Oil, rapeseed                       |                   |       |       |
| %      |        |                                     |                   |       |       |
| 0.086  | 0.086  | Szechuan peppercorn ground          |                   |       |       |
| %      | g      |                                     |                   |       |       |