

AKTAR'S SIGNATURE BEEF SHORT RIB BIRYANI - Slow braised beef short rib simmered in a spiced yogurt, aromatic gravy with mint, coriander and fragrant sella basmati ric

Serving Size	
Serving size	250g
Number of servings	28
Container Size	
Container size	1000.0g
Number of servings	4

Graphics

Nutrition Facts	Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
	Total Fat 18g	23%	Total Carbohydrate 71g	26%
4 servings per container Serving size 9 oz (250g) Calories per serving 540	Saturated Fat 7g	35%	Dietary Fiber 5g	16%
	Trans Fat 0g		Total Sugars 7g	
	Cholesterol 75mg	24%	Includes 0g Added Sugars	0%
	Sodium 590mg	26%	Protein 33g	
*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 0.6mcg 2% • Calcium 150mg 10% • Iron 7.8mg 45% • Potassium 860mg 20% Vitamin A 360mcg 40% • Vitamin C 8mg 10% • Vitamin E 1.4mg 10% • Vitamin K 5mcg 4% Thiamin 0.34mg 30% • Riboflavin 0.37mg 30% • Niacin 13.8mg 90% • Vitamin B6 0.78mg 50% Folate 0mg DFE 0mcg 0% • Vitamin B12 2.44mcg 90% • Biotin 3.1mcg 10% • Pantothenic 1.3mg 27% Phosphorus 390mg 31% • Iodine 21mcg 14% • Iron 7.8mg 45% • Magnesium 90mg 21% Zinc 5.6mg 50% • Selenium 20mcg 36% • Copper 0.46mg 51% • Manganese 1.46mg 60% Chloride 850mg 41% • Choline 0mcg 0%				

Ingredients and Allergens

Beef Ribs, Basmati Rice, Onion, Tomatoes, Yogurt (**Milk**), Garlic, Ginger, Butter Ghee (**Milk**), Kewra Water, Beef, **Milk**, Ground Coriander, Coriander Seeds, Black Pepper, Cardamom Seeds, Cumin Seeds, Chilli Powder, Garam Masala, Ground Cumin, Salt, Mace, Fennel Seeds, Beef Stock, Star Anise, Turmeric, Cinnamon, Cloves, Lemon Juice, Saffron, Fenugreek Seeds, Mint, Nutmeg, Bay Leaf.

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

34.6%	86.5g	Beef, fore-rib/rib-roast, raw, lean
23.1%	57.7g	Rice, white, basmati, raw
17.3%	43.3g	Onions, fried in rapeseed oil
6.92%	17.3g	Tomatoes, standard, raw
5.19%	13g	Yogurt, low fat, plain
1.64%	4.11g	Garlic, raw
1.64%	4.11g	Ginger, fresh
1.38%	3.46g	Ghee, butter
1.15%	2.88g	Kewra Water
0.865%	2.16g	Beef, fat, average, raw
0.865%	2.16g	Milk, semi-skimmed, pasteurised, average
0.519%	1.3g	Ground Coriander
0.519%	1.3g	Coriander seeds

Nutrients	
	per 100g
Energy	902.7kJ
Calories	214.3kcal
Protein	13.3g
Total Carbohydrate	0.0g
Available	26.6g
Carbohydrate	
Sugars	2.7g
Starch	22.2g
Added Sugar	0.0g
Total Fat	7.3g
Saturated Fat	2.8g
Monounsaturated	3.0g
Fats	
Polyunsaturated Fats	0.7g
Trans Fat	0.2g
Dietary Fiber	1.8g
Sodium	235.5mg
Salt	0.6g
Cholesterol	29.1mg
Vitamin A	139.8IU
Vitamin A RAE	41.9µg
Carotene	159.5µg
Alpha Carotene	0.0µg
Beta Carotene	62.1µg
Retinol	16.5µg
Beta Cryptoxanthin	0.0µg
Thiamin	0.1mg
Riboflavin	0.1mg
Niacin	5.5mg
Pantothenic Acid	0.5mg
Vitamin B6	0.3mg
Folic Acid	0.0µg
Dietary Folate	0.0µg
Equivalents	
Food Folate	0.0µg
Folate	15.5µg
Vitamin B12	0.9µg
Vitamin C	3.3mg
Vitamin D	9.6IU
Vitamin D MCG	0.2µg
Vitamin E	0.6mg
Biotin	1.2µg
Vitamin K	1.8µg
Calcium	60.0mg
Chloride	380.9mg
Choline	0.0µg
Copper	0.2mg
Iodine	8.5µg
Iron	3.1mg
Magnesium	35.9mg
Manganese	0.6mg

%			Manganese	0.8mg	1.4mg
0.392%	0.981g	Pepper, black	Nitrogen	2.1g	5.4g
			Phosphorus	156.7mg	391.8mg
0.392%	0.981g	Cardamom seeds	Potassium	342.0mg	855.0mg
			Selenium	8.0µg	19.9µg
0.375%	0.938g	Cumin seeds	Tryptophan/60	2.8mg	7.0mg
			Zinc	2.2mg	5.6mg
0.346%	0.865g	Chilli powder	Ash	0.0g	0.0g
			Lutein Zeaxanthin	9.6µg	24.0µg
0.346%	0.865g	Garam masala	Lycopene	43.5µg	108.6µg
			Water	0.0g	0.0g
0.335%	0.837g	Ground Cumin	Ethanol	0.0g	0.0g
0.288%	0.721g	Salt			
0.26%	0.649g	Mace, ground			
0.242%	0.606g	Fennel seeds			
0.231%	0.577g	Stock cubes, beef			
0.173%	0.433g	Star Anise			
0.15%	0.375g	Mace, ground			
0.115%	0.288g	Turmeric, ground			
0.115%	0.288g	Cinnamon, ground			
0.115%	0.288g	Cloves, dried			
0.115%	0.288g	Lemon juice, fresh			
0.115%	0.288g	Saffron			
0.058%	0.144g	Fenugreek seeds			
0.058%	0.144g	Mint, fresh			
0.035%	0.087g	Nutmeg, ground			
0.023%	0.058g	Bay leaf, dried			