

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

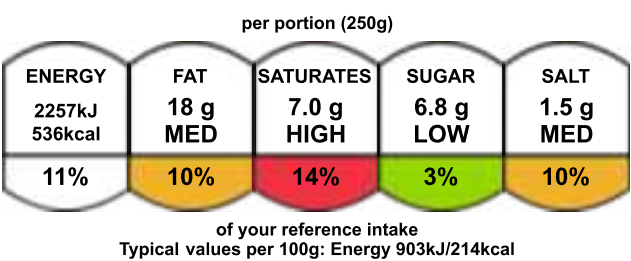
Serving Size

Serving size	250g
Number of servings	28

Container Size

Container size	1000.0g
Number of servings	4

Graphics



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	per 250 g serving
Energy	902.67kJ	2256.68kJ
Calories	214.26kcal	535.65kcal
Protein	13.31g	33.29g
Total Carbohydrate	0.00g	0.00g
Available Carbohydrate	26.59g	66.48g
Sugars	2.72g	6.79g
Starch	22.17g	55.42g
Added Sugar	0.00g	0.00g
Total Fat	7.32g	18.30g
Saturated Fat	2.81g	7.02g
Monounsaturated Fats	3.02g	7.54g
Polyunsaturated Fats	0.71g	1.78g
Trans Fat	0.15g	0.38g
Dietary Fiber	1.84g	4.61g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	235.50mg	588.76mg
Salt	0.60g	1.50g
Cholesterol	29.14mg	72.84mg
Vitamin A	139.75IU	349.38IU
Vitamin A RAE	41.93µg	104.81µg
Carotene	159.47µg	398.68µg
Alpha Carotene	0.00µg	0.00µg
Beta Carotene	62.13µg	155.34µg
Retinol	16.52µg	41.31µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.14mg	0.34mg
Riboflavin	0.15mg	0.37mg
Niacin	5.54mg	13.86mg
Pantothenic Acid	0.53mg	1.33mg
Vitamin B6	0.30mg	0.76mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Food Folate	0.00µg	0.00µg
Folate	15.54µg	38.85µg
Vitamin B12	0.90µg	2.24µg
Vitamin C	3.32mg	8.30mg
Vitamin D	9.58IU	23.96IU
Vitamin D MCG	0.24µg	0.60µg
Vitamin E	0.56mg	1.39mg
Biotin	1.24µg	3.10µg
Vitamin K	1.84µg	4.59µg
Calcium	60.01mg	150.03mg
Chloride	380.91mg	952.27mg
Choline	0.00µg	0.00µg
Copper	0.18mg	0.46mg
Iodine	8.47µg	21.18µg
Iron	3.14mg	7.84mg

0.392%	0.981g	Pepper, black	Iron	5.14mg	7.84mg
0.392%	0.981g	Cardamom seeds	Magnesium	35.89mg	89.72mg
0.375%	0.938g	Cumin seeds	Manganese	0.58mg	1.44mg
0.346%	0.865g	Chilli powder	Nitrogen	2.15g	5.37g
0.346%	0.865g	Garam masala	Phosphorus	156.71mg	391.77mg
0.335%	0.837g	Ground Cumin	Potassium	342.02mg	855.05mg
0.288%	0.721g	Salt	Selenium	7.97µg	19.93µg
0.26%	0.649g	Mace, ground	Tryptophan/60	2.80mg	7.00mg
0.242%	0.606g	Fennel seeds	Zinc	2.23mg	5.57mg
0.231%	0.577g	Stock cubes, beef	Ash	0.00g	0.00g
0.173%	0.433g	Star Anise	Lutein Zeaxanthin	9.60µg	24.00µg
0.15%	0.375g	Mace, ground	Lycopene	43.46µg	108.64µg
0.115%	0.288g	Turmeric, ground	Water	0.00g	0.00g
0.115%	0.288g	Cinnamon, ground	Ethanol	0.00g	0.00g
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			