

BEEF PEPPER FRY - Spicy dry curry from the South Indian state of Kerala, beef cooked with cracked black pepper, toasted coriander seed and cumin, and then sautéed with caramelised onion, bell peppers and curry leaves.

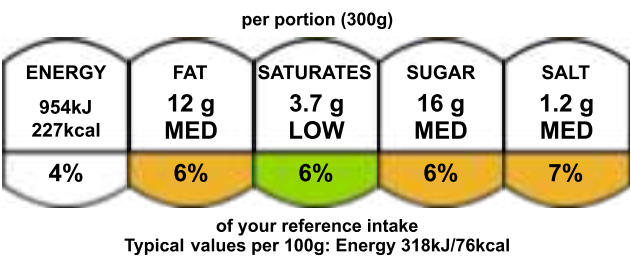
Serving Size

Serving size	300g
Number of servings	451.63

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Tomatoes, Beef, Tomato Purée, Water, Onion, Tamarind, Rapeseed Oil, Coconut Milk, Chilli Powder, Green Chilli, Garlic, Coconut Oil, Ground Black Pepper, Ground Coriander, Salt, Curry Leaves, Ground Cumin, Turmeric, Garam Masala, Nutmeg, Cumin Seeds, Cinnamon, Bay Leaf, Cloves, Cardamom Seeds, Ginger.

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

27.3%	81.9g	Tomatoes, canned, whole contents
18.5%	55.4g	Beef, brisket, raw, lean
15.5%	46.5g	Tomato puree
14.8%	44.3g	Water, tap, municipal
12.5%	37.6g	Onions, raw
2.21%	6.64g	Tamarind pulp, flesh only
1.68%	5.04g	Oil, rapeseed
1.48%	4.43g	Coconut milk
1.48%	4.43g	Chilli powder
1.48%	4.43g	Peppers, capsicum, chilli, green, raw
1.11%	3.32g	Garlic, raw
0.675%	2.02g	Oil, coconut
0.295%	0.886g	Black Pepper Coarse Ground

Nutrients

	per 100g	per 300 g serving
Energy	317.91kJ	953.72kJ
Calories	75.74kcal	227.21kcal
Protein	5.54g	16.61g
Total Carbohydrate	0.00g	0.00g
Available	5.71g	17.12g
Carbohydrate		
Sugars	5.21g	15.62g
Starch	0.15g	0.44g
Added Sugar	0.00g	0.00g
Total Fat	3.92g	11.76g
Saturated Fat	1.23g	3.68g
Monounsaturated	1.61g	4.83g
Fats		
Polyunsaturated Fats	0.71g	2.14g
Trans Fat	0.06g	0.17g
Dietary Fiber	1.88g	5.63g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	154.54mg	463.63mg
Salt	0.39g	1.18g
Cholesterol	9.96mg	29.89mg
Vitamin A	355.89IU	1067.68IU
Vitamin A RAE	106.77µg	320.31µg
Carotene	641.59µg	1924.78µg
Alpha Carotene	0.00µg	0.00µg
Beta Carotene	337.90µg	1013.69µg
Retinol	trace	trace
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.23mg	0.70mg
Riboflavin	0.10mg	0.30mg
Niacin	2.78mg	8.35mg
Pantothenic Acid	0.20mg	0.59mg
Vitamin B6	0.22mg	0.66mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	14.08µg	42.25µg
Vitamin B12	0.37µg	1.11µg
Vitamin C	12.18mg	36.53mg
Vitamin D	3.69IU	11.07IU
Vitamin D MCG	0.09µg	0.28µg
Vitamin E	1.62mg	4.86mg
Biotin	1.67µg	5.01µg
Vitamin K	5.10µg	15.31µg
Calcium	30.47mg	91.40mg
Chloride	285.02mg	855.05mg
Choline	0.00µg	0.00µg
Copper	0.12mg	0.36mg

%	g		Iodine	3.03µg	9.09µg
0.295%	0.886g	Ground Coriander	Iron	1.37mg	4.11mg
			Magnesium	22.87mg	68.60mg
0.185%	0.554g	Salt	Manganese	0.16mg	0.49mg
0.148%	0.443g	Curry leaves, fresh	Nitrogen	0.89g	2.67g
			Phosphorus	70.80mg	212.39mg
0.148%	0.443g	Ground Cumin	Potassium	390.11mg	1170.32mg
			Selenium	1.48µg	4.44µg
0.074%	0.221g	Turmeric, ground	Tryptophan/60	0.97mg	2.92mg
			Zinc	0.87mg	2.62mg
0.074%	0.221g	Garam masala	Ash	0.00g	0.00g
			Lutein Zeaxanthin	187.75µg	563.25µg
0.044%	0.133g	Nutmeg, ground	Lycopene	1301.73µg	3905.19µg
			Water	79.76g	239.29g
0.022%	0.066g	Cumin seeds	Ethanol	0.00g	0.00g
0.015%	0.044g	Cinnamon, ground			
0.011%	0.033g	Bay leaf, dried			
0.007%	0.022g	Cloves, dried			
0.007%	0.022g	Cardamom seeds			
0.001%	0.003g	Ginger, fresh			

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