

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

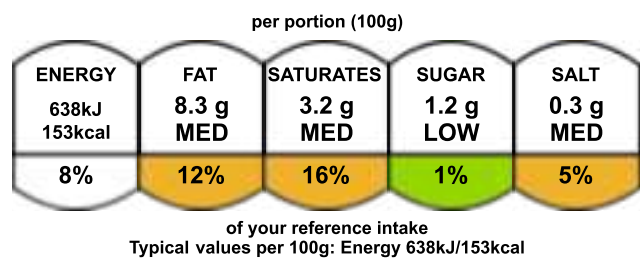
Serving Size

Serving size	100g
Number of servings	462.6

Container Size

Container size	500.0g
Number of servings	5

Graphics



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

Nutrients

	per 100g	per 100 g serving
Energy	637.83kJ	637.83kJ
Calories	152.71kcal	152.71kcal
Protein	13.63g	13.63g
Total Carbohydrate	0.00g	0.00g
Available	6.16g	6.16g
Carbohydrate		
Sugars	1.20g	1.20g
Starch	3.11g	3.11g
Added Sugar	0.00g	0.00g
Total Fat	8.27g	8.27g
Saturated Fat	3.20g	3.20g
Monounsaturated	3.47g	3.47g
Fats		
Polyunsaturated Fats	0.64g	0.64g
Trans Fat	0.35g	0.35g
Dietary Fiber	1.36g	1.36g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	118.07mg	118.07mg
Salt	0.30g	0.30g
Cholesterol	39.40mg	39.40mg
Vitamin A	89.96IU	89.96IU
Vitamin A RAE	9.83µg	9.83µg
Carotene	47.62µg	47.62µg
Alpha Carotene	0.08µg	0.08µg
Beta Carotene	23.97µg	23.97µg
Retinol	1.84µg	1.84µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.09mg	0.09mg
Riboflavin	0.12mg	0.12mg
Niacin	6.47mg	6.47mg
Pantothenic Acid	0.48mg	0.48mg
Vitamin B6	0.30mg	0.30mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	7.22µg	7.22µg
Folate	29.90µg	29.90µg
Vitamin B12	0.83µg	0.83µg
Vitamin C	26.50mg	26.50mg
Vitamin D	12.95IU	12.95IU
Vitamin D MCG	0.32µg	0.32µg
Vitamin E	0.39mg	0.39mg
Biotin	1.55µg	1.55µg
Vitamin K	1.61µg	1.61µg
Calcium	17.75mg	17.75mg
Chloride	106.20mg	106.20mg
Choline	0.00µg	0.00µg
Copper	0.05mg	0.05mg
Iodine	5.06µg	5.06µg
Iron	1.18mg	1.18mg
Magnesium	19.41mg	19.41mg
Manganese	0.17mg	0.17mg
Nitrogen	2.15g	2.15g

0.216%	0.216g	Crushed Red Chillies, Dried	Phosphorus	119.99mg	119.99mg
0.216%	0.216g	Peppers, capsicum, chilli, red, raw	Potassium	245.58mg	245.58mg
0.216%	0.216g	Coriander leaves, fresh	Selenium	5.33µg	5.33µg
0.216%	0.216g	MSG Monosodium Glutamate	Tryptophan/60	2.51mg	2.51mg
0.173%	0.173g	Soy sauce, light and dark varieties	Zinc	1.97mg	1.97mg
0.173%	0.173g	MDH Kitchen King Masala	Ash	0.08g	0.08g
0.13%	0.13g	Coriander seeds	Lutein Zeaxanthin	0.30µg	0.30µg
0.13%	0.13g	Cumin seeds	Lycopene	trace	trace
0.108%	0.108g	Oil, rapeseed	Water	68.36g	68.36g
0.086	0.086	Szechuan peppercorn ground	Ethanol	0.00g	0.00g
%	g				

generated by alacalc.com
10 September, 2026 14:48