

Beef Vindaloo - Classic vindaloo; 8 hour slow braised brisket simmered in a roasted chilli, cinnamon, peppercorn sauce soured with Goan todi vinegar

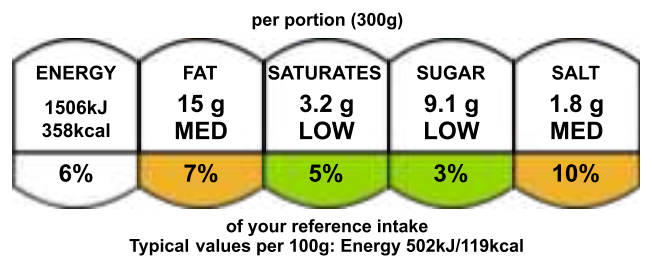
Serving Size

Serving size	300g
Number of servings	229.6

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Beef, Onion, Coconut Milk, Water, Tomato Purée, Garlic, Vinegar, Ginger, Rapeseed Oil, Chilli Powder, Ground Coriander, Salt, Garam Masala, Ground Black Pepper, Cardamom Seeds, Bay Leaf, Black Pepper, Cinnamon, Cloves.

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

46.2%	138.5g	Beef, stewing steak, raw, lean
23.1%	69.2g	Onions, raw
6.92%	20.8g	Coconut milk
5.77%	17.3g	Water, tap, drinking
4.62%	13.8g	Tomato puree
4.04%	12.1g	Garlic, raw
2.88%	8.65g	Vinegar, cider
2.31%	6.92g	Ginger, fresh
2.1%	6.31g	Oil, rapeseed
0.692	2.08g	Chilli powder
%		
0.462	1.38g	Ground Coriander
%		
0.288	0.865g	Salt
%		
0.231%	0.692g	Garam masala
0.173%	0.519g	Black Pepper Coarse Ground
0.15%	0.45g	Cardamom seeds
0.058	0.173g	Bay leaf, dried

Nutrients

	per 100g	per 300 g serving
Energy	502.14kJ	1506.41kJ
Calories	119.49kcal	358.47kcal
Protein	14.44g	43.32g
Total Carbohydrate	0.00g	0.00g
Available	4.68g	14.04g
Carbohydrate		
Sugars	3.04g	9.11g
Starch	0.85g	2.54g
Added Sugar	0.00g	0.00g
Total Fat	5.10g	15.30g
Saturated Fat	1.05g	3.15g
Monounsaturated	2.61g	7.82g
Fats		
Polyunsaturated Fats	1.02g	3.07g
Trans Fat	0.06g	0.17g
Dietary Fiber	1.56g	4.68g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	232.56mg	697.68mg
Salt	0.59g	1.77g
Cholesterol	38.91mg	116.72mg
Vitamin A	146.74IU	440.23IU
Vitamin A RAE	44.02µg	132.07µg
Carotene	263.91µg	791.73µg
Alpha Carotene	0.00µg	0.00µg
Beta Carotene	95.85µg	287.55µg
Retinol	trace	trace
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.14mg	0.43mg
Riboflavin	0.19mg	0.57mg
Niacin	5.64mg	16.91mg
Pantothenic Acid	0.41mg	1.24mg
Vitamin B6	0.35mg	1.05mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	9.19µg	27.56µg
Vitamin B12	1.16µg	3.48µg
Vitamin C	4.56mg	13.68mg
Vitamin D	18.58IU	55.75IU
Vitamin D MCG	0.46µg	1.39µg
Vitamin E	1.10mg	3.30mg
Biotin	1.24µg	3.71µg
Vitamin K	3.96µg	11.89µg
Calcium	30.04mg	90.12mg
Chloride	362.02mg	1086.06mg
Choline	0.00µg	0.00µg
Copper	0.10mg	0.29mg
Iodine	7.86µg	23.58µg
Iron	2.07mg	6.20mg
Magnesium	28.67mg	86.02mg

%			Manganese	0.18mg	0.55mg
0.027	0.08g	Pepper, black	Nitrogen	2.32g	6.95g
%			Phosphorus	141.95mg	425.84mg
0.023	0.069	Cinnamon, ground	Potassium	427.89mg	1283.67mg
%	g		Selenium	4.24µg	12.71µg
0.023	0.069	Cloves, dried	Tryptophan/60	2.84mg	8.51mg
%	g		Zinc	3.53mg	10.60mg
			Ash	0.01g	0.02g
			Lutein Zeaxanthin	52.44µg	157.32µg
			Lycopene	339.25µg	1017.76µg
			Water	0.00g	0.00g
			Ethanol	0.00g	0.00g