

Bhuna Aloo - Roasted new potatoes simmered in a rich roasted shallot and tomato style bhuna sauce

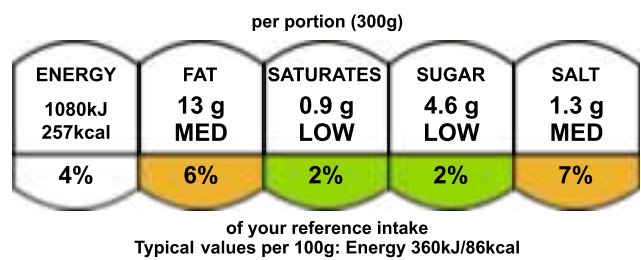
Serving Size

Serving size	300g
Number of servings	243.08

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Potato, Tomatoes, Water, Rapeseed Oil, Garlic, Coriander Leaves, Tomato Purée, Coriander Seeds, Salt, Green Chilli, Ground Coriander, Ground Cumin, Cumin Seeds, Curry Powder (**Mustard**), Garam Masala, Turmeric, Chilli Powder, Fenugreek Leaves, Bay Leaf, Cinnamon, Black Pepper, Cloves, Ginger.

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

63.1%	189.2g	Potatoes, new and salad, flesh only, raw
20.6%	61.7g	Tomatoes, standard, raw
4.11%	12.3g	Water, tap, drinking
3.75%	11.2g	Oil, rapeseed
3.43%	10.3g	Garlic, raw
0.823%	2.47g	Coriander leaves, fresh
0.686%	2.06g	Tomato puree
0.411%	1.23g	Coriander seeds
0.411%	1.23g	Salt
0.411%	1.23g	Peppers, capsicum, chilli, green, raw
0.384%	1.15g	Ground Coriander
0.274%	0.823g	Ground Cumin
0.274%	0.823g	Cumin seeds

Nutrients

	per 100g	per 300 g serving
Energy	359.98kJ	1079.95kJ
Calories	85.65kcal	256.96kcal
Protein	1.84g	5.51g
Total Carbohydrate	0.00g	0.00g
Available	11.14g	33.42g
Carbohydrate		
Sugars	1.54g	4.61g
Starch	8.95g	26.84g
Added Sugar	0.00g	0.00g
Total Fat	4.24g	12.72g
Saturated Fat	0.31g	0.93g
Monounsaturated	2.42g	7.27g
Fats		
Polyunsaturated Fats	1.20g	3.60g
Trans Fat	trace	trace
Dietary Fiber	1.91g	5.73g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	176.20mg	528.59mg
Salt	0.45g	1.34g
Cholesterol	0.00mg	0.00mg
Vitamin A	96.33IU	288.99IU
Vitamin A RAE	28.90µg	86.70µg
Carotene	175.66µg	526.99µg
Alpha Carotene	0.30µg	0.89µg
Beta Carotene	124.78µg	374.34µg
Retinol	0.00µg	0.00µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.12mg	0.37mg
Riboflavin	0.03mg	0.08mg
Niacin	0.98mg	2.95mg
Pantothenic Acid	0.38mg	1.15mg
Vitamin B6	0.14mg	0.41mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	21.81µg	65.44µg
Vitamin B12	0.00µg	0.00µg
Vitamin C	10.84mg	32.51mg
Vitamin D	0.00IU	0.00IU
Vitamin D MCG	0.00µg	0.00µg
Vitamin E	1.04mg	3.13mg
Biotin	0.52µg	1.56µg
Vitamin K	8.28µg	24.83µg
Calcium	24.90mg	74.69mg
Chloride	356.05mg	1068.16mg
Choline	0.00µg	0.00µg
Copper	0.10mg	0.29mg
Iodine	0.70µg	2.09µg
Iron	1.13mg	3.40mg
Magnesium	19.73mg	59.20mg
Manganese	0.21mg	0.62mg
Nitrogen	0.30g	0.90g

0.274%	0.823g	Curry powder	Phosphorus	42.49mg	127.47mg
0.274%	0.823g	Garam masala	Potassium	322.29mg	966.88mg
0.206%	0.617g	Turmeric, ground	Selenium	0.19µg	0.56µg
0.206%	0.617g	Chilli powder	Tryptophan/60	0.35mg	1.05mg
0.206%	0.617g	Fenugreek leaves, raw	Zinc	0.30mg	0.89mg
0.123%	0.37g	Bay leaf, dried	Ash	0.00g	0.00g
0.066%	0.197g	Cinnamon, ground	Lutein Zeaxanthin	28.41µg	85.22µg
0.014%	0.041g	Pepper, black	Lycopene	144.34µg	433.03µg
0.014%	0.041g	Cloves, dried	Water	79.29g	237.87g
0.002%	0.007g	Ginger, fresh	Ethanol	0.00g	0.00g