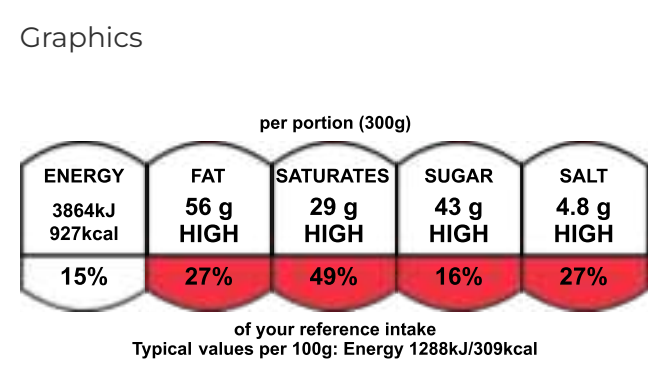


Chilli Paneer - Indo Chinese streetfood favourite, paneer cooked with bell peppers, onion in a sweet and spicy garlic and chilli sauce

Serving Size	
Serving size	300g
Number of servings	271.82

Container Size	
Container size	600.0g
Number of servings	2



Ingredients and Allergens

Paneer (**Milk**), Tomato Ketchup (**Celery**), Hot Pepper Sauce, Water, Onion, Garlic, Sriracha, Red Peppers, Yellow Peppers, Green Peppers, Sweet Chilli Sauce, Rapeseed Oil, Ginger, Soy Sauce (**Soya**), Ground Black Pepper, Monosodium Glutamate E621, Sugar, Vinegar, Salt.

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

33.7%	101g	Cheese, Paneer
18.2%	54.5g	Tomato ketchup
16.8%	50.5g	Sauce, peppers, hot, chili, mature red, canned
5.39%	16.2g	Water, tap, drinking
4.04%	12.1g	Onions, raw
3.37%	10.1g	Garlic, raw
3.37%	10.1g	Sauce, hot chile, sriracha
2.69%	8.08g	Pepper, capsicum, red, raw
2.69%	8.08g	Pepper, capsicum, yellow, raw
2.69%	8.08g	Peppers, capsicum, green, raw
2.22%	6.67g	Sweet chilli sauce
1.84%	5.52g	Oil, rapeseed
1.35%	4.04g	Ginger, fresh
0.505%	1.51g	Soy sauce, light and dark varieties
0.337%	1.01g	Black Pepper Coarse Ground
0.337%	1.01g	MSG Monosodium Glutamate

Nutrients		
	per 100g	per 300 g serving
Energy	1287.96kJ	3863.89kJ
Calories	308.96kcal	926.89kcal
Protein	17.67g	53.02g
Total Carbohydrate	0.00g	0.00g
Available	17.02g	51.07g
Carbohydrate		
Sugars	14.39g	43.18g
Starch	1.31g	3.93g
Added Sugar	0.37g	1.10g
Total Fat	18.76g	56.29g
Saturated Fat	9.73g	29.20g
Monounsaturated	6.45g	19.36g
Fats		
Polyunsaturated Fats	1.73g	5.20g
Trans Fat	0.78g	2.34g
Dietary Fiber	1.69g	5.08g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	631.07mg	1893.21mg
Salt	1.61g	4.82g
Cholesterol	0.00mg	0.00mg
Vitamin A	931.72IU	2795.16IU
Vitamin A RAE	205.00µg	615.01µg
Carotene	226.92µg	680.77µg
Alpha Carotene	20.00µg	60.00µg
Beta Carotene	378.65µg	1135.95µg
Retinol	152.06µg	456.19µg
Beta Cryptoxanthin	26.30µg	78.91µg
Thiamin	0.37mg	1.10mg
Riboflavin	0.20mg	0.61mg
Niacin	6.12mg	18.37mg
Pantothenic Acid	0.07mg	0.20mg
Vitamin B6	0.15mg	0.45mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	3.37µg	10.12µg
Equivalents		
Food Folate	4.72µg	14.16µg
Folate	28.78µg	86.35µg
Vitamin B12	0.00µg	0.00µg
Vitamin C	30.90mg	92.69mg
Vitamin D	0.00IU	0.00IU
Vitamin D MCG	0.00µg	0.00µg
Vitamin E	1.55mg	4.64mg
Biotin	0.43µg	1.28µg
Vitamin K	6.89µg	20.66µg
Calcium	345.45mg	1036.34mg
Chloride	528.95mg	1586.85mg
Choline	1.87µg	5.61µg
Copper	0.07mg	0.22mg
Iodine	0.78µg	2.35µg
Iron	0.66mg	1.99mg
Magnesium	31.45mg	94.36mg

0.337	1.01g	MSC Monosodium Citratinate	Manganese	0.16mg	0.47mg
%			Nitrogen	2.71g	8.14g
0.202	0.606	Sugar, white	Phosphorus	270.36mg	811.09mg
%	g		Potassium	444.94mg	1334.81mg
0.168%	0.505g	Vinegar, distilled	Selenium	0.23µg	0.69µg
0.135%	0.404	Salt	Tryptophan/60	4.96mg	14.88mg
	g		Zinc	2.17mg	6.50mg
			Ash	0.54g	1.63g
			Lutein Zeaxanthin	218.69µg	656.07µg
			Lycopene	2856.14µg	8568.43µg
			Water	0.00g	0.00g
			Ethanol	0.00g	0.00g