

DHABA GOSHT - Spicy North Indian Mutton curry.

Mutton on the bone simmered with caramelised onions, roasted tomato and Kashmiri chilli sauce.

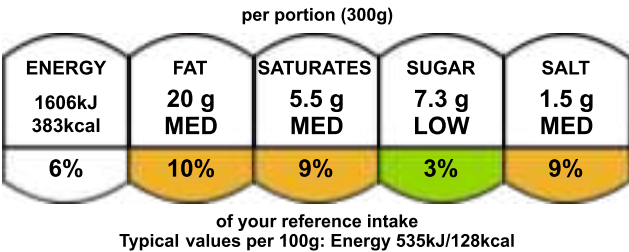
Serving Size

Serving size	300g
Number of servings	191.48

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Lamb, Onion, Tomatoes, Rapeseed Oil, Ginger, Garlic, Tomato Purée, Coriander Leaves, Salt, Ground Coriander, Red Chilli, Turmeric, Ground Cumin, Garam Masala, Cardamon, Cinnamon, Ground Cloves, Black Pepper, Bay Leaf, Nutmeg, Water.

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

43.5%	130.6g	Lamb, leg, whole, roasted, lean only
27.9%	83.6g	Onions, raw
17.4%	52.2g	Tomatoes, standard, raw
2.38%	7.14g	Oil, rapeseed
2.18%	6.53g	Ginger, fresh
2.18%	6.53g	Garlic, raw
1.74%	5.22g	Tomato puree
0.696	2.09g	Coriander leaves, fresh
%		
0.522	1.57g	Garlic, raw
%		
0.435	1.31g	Salt
%		
0.261%	0.783g	Ground Coriander
0.209	0.627g	Peppers, capsicum, chilli, red, raw
%		
0.174%	0.522g	Turmeric, ground
0.174%	0.522g	Ground Cumin
0.174%	0.522g	Garam masala

Nutrients

	per 100g	per 300 g serving
Energy	535.48kJ	1606.43kJ
Calories	127.58kcal	382.74kcal
Protein	13.75g	41.24g
Total Carbohydrate	0.00g	0.00g
Available	3.52g	10.56g
Carbohydrate		
Sugars	2.45g	7.35g
Starch	0.49g	1.47g
Added Sugar	0.00g	0.00g
Total Fat	6.68g	20.04g
Saturated Fat	1.84g	5.51g
Monounsaturated	3.17g	9.51g
Fats		
Polyunsaturated Fats	1.02g	3.07g
Trans Fat	0.30g	0.91g
Dietary Fiber	1.06g	3.17g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	201.86mg	605.58mg
Salt	0.51g	1.54g
Cholesterol	43.52mg	130.56mg
Vitamin A	73.65IU	220.96IU
Vitamin A RAE	22.10µg	66.29µg
Carotene	133.58µg	400.74µg
Alpha Carotene	0.25µg	0.75µg
Beta Carotene	114.38µg	343.13µg
Retinol	trace	trace
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.11mg	0.34mg
Riboflavin	0.14mg	0.42mg
Niacin	5.69mg	17.07mg
Pantothenic Acid	0.73mg	2.18mg
Vitamin B6	0.21mg	0.62mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	9.48µg	28.45µg
Vitamin B12	0.87µg	2.61µg
Vitamin C	6.64mg	19.92mg
Vitamin D	12.19IU	36.56IU
Vitamin D MCG	0.30µg	0.91µg
Vitamin E	0.83mg	2.48mg
Biotin	1.94µg	5.81µg
Vitamin K	5.92µg	17.75µg
Calcium	20.58mg	61.73mg
Chloride	326.66mg	979.98mg
Choline	0.00µg	0.00µg
Copper	0.09mg	0.27mg
Iodine	2.48µg	7.45µg
Iron	1.31mg	3.94mg
Magnesium	20.67mg	62.00mg

0.017%	0.052g	Cardamon, ground	Manganese	0.12mg	0.37mg
0.017%	0.052g	Cinnamon, ground	Nitrogen	2.20g	6.60g
0.017%	0.052g	Cloves, dried, ground	Phosphorus	116.61mg	349.82mg
0.017%	0.052g	Pepper, black	Potassium	300.64mg	901.91mg
0.017%	0.052g	Bay leaf, dried	Selenium	1.81µg	5.44µg
0.009	0.026g	Nutmeg, ground	Tryptophan/60	2.69mg	8.07mg
%			Zinc	2.13mg	6.39mg
0.003	0.01g	Water, tap, municipal	Ash	0.00g	0.00g
%			Lutein Zeaxanthin	34.52µg	103.56µg
			Lycopene	189.96µg	569.88µg
			Water	73.24g	219.71g
			Ethanol	0.00g	0.00g