

Gosht Sagwala - Punjabi style sagwala, beef cheek braised overnight with spinach and fenugreek then tempered in garlic

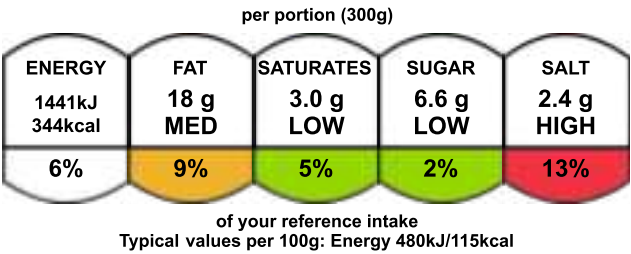
Serving Size

Serving size	300g
Number of servings	275.36

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Beef, Onion, Spinach, Tomatoes, Beef Soup, Garlic, Rapeseed Oil, Cumin Seeds, Fenugreek Leaves, Green Chilli, Ginger, Chilli Powder, Salt, Ground Coriander, Garam Masala, Cardamon, Ground Cumin, Dried Red Chillies, Turmeric, Black Pepper, Bay Leaf, Cinnamon.

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

35.4%	106.1g	Beef, stewing steak, raw, lean
15.9%	47.7g	Onions, raw
13.3%	39.8g	Spinach, frozen, chopped or leaf, unprepared
8.84%	26.5g	Tomatoes, canned, whole contents
8.84%	26.5g	Spinach, canned, no salt added, solids and liquids
4.42%	13.3g	Soup, stock, beef, home-prepared
2.65%	7.96g	Garlic, raw
2.42%	7.25g	Oil, rapeseed
1.77%	5.3g	Cumin seeds
1.77%	5.3g	Fenugreek leaves, raw
1.33%	3.98g	Peppers, capsicum, chilli, green, raw
0.884%	2.65g	Ginger, fresh
0.884%	2.65g	Chilli powder
0.354%	1.06g	Salt

Nutrients

	per 100g	per 300 g serving
Energy	480.15kJ	1440.45kJ
Calories	114.65kcal	343.95kcal
Protein	13.61g	40.83g
Total Carbohydrate	0.00g	0.00g
Available	3.60g	10.81g
Carbohydrate		
Sugars	2.21g	6.64g
Starch	0.56g	1.67g
Added Sugar	0.00g	0.00g
Total Fat	6.16g	18.47g
Saturated Fat	1.00g	3.01g
Monounsaturated	3.20g	9.59g
Fats		
Polyunsaturated Fats	1.35g	4.04g
Trans Fat	0.05g	0.15g
Dietary Fiber	2.32g	6.96g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	315.32mg	945.97mg
Salt	0.80g	2.41g
Cholesterol	32.44mg	97.33mg
Vitamin A	3386.61IU	10159.84IU
Vitamin A RAE	224.54µg	673.63µg
Carotene	416.42µg	1249.26µg
Alpha Carotene	0.00µg	0.00µg
Beta Carotene	2034.97µg	6104.91µg
Retinol	trace	trace
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.13mg	0.38mg
Riboflavin	0.23mg	0.70mg
Niacin	4.81mg	14.43mg
Pantothenic Acid	0.38mg	1.13mg
Vitamin B6	0.35mg	1.06mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	33.47µg	100.41µg
Equivalents		
Food Folate	33.48µg	100.44µg
Folate	41.07µg	123.20µg
Vitamin B12	0.97µg	2.91µg
Vitamin C	9.94mg	29.83mg
Vitamin D	15.49IU	46.48IU
Vitamin D MCG	0.39µg	1.16µg
Vitamin E	1.87mg	5.61mg
Biotin	0.87µg	2.61µg
Vitamin K	119.92µg	359.75µg
Calcium	85.32mg	255.96mg
Chloride	423.80mg	1271.39mg
Choline	6.14µg	18.43µg
Copper	0.14mg	0.43mg
Iodine	6.93µg	20.79µg
Iron	4.51mg	13.53mg
Magnesium	52.80mg	158.41mg

0.265%	0.796g	Ground Coriander	Manganese	0.44mg	1.31mg
			Nitrogen	2.01g	6.04g
0.248%	0.743g	Garam masala	Phosphorus	143.99mg	431.96mg
			Potassium	457.55mg	1372.65mg
0.177%	0.53g	Cardamon, ground	Selenium	4.78µg	14.35µg
0.159%	0.477g	Ground Cumin	Tryptophan/60	2.34mg	7.02mg
0.133%	0.398g	Crushed Red Chillies, Dried	Zinc	3.23mg	9.70mg
0.124%	0.371g	Turmeric, ground	Ash	0.48g	1.44g
0.088%	0.265g	Pepper, black	Lutein Zeaxanthin	3374.23µg	10122.68µg
			Lycopene	175.65µg	526.94µg
0.088%	0.265g	Bay leaf, dried	Water	0.00g	0.00g
			Ethanol	0.00g	0.00g
0.027%	0.08g	Cinnamon, ground			

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