

Hyderabadi Keema Mattar - Minced mutton and peas cooked with mint, corriander and roasted chilli sauce, a truly traditional hyderabadi gem

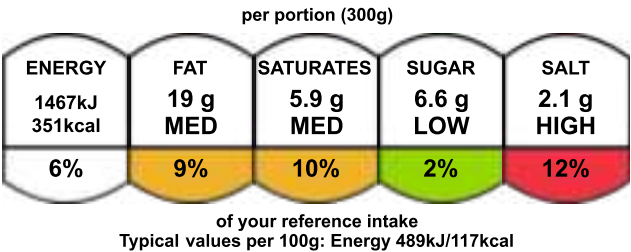
Serving Size

Serving size	300g
Number of servings	366.17

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Lamb, Onion, Tomatoes, Mutton, Peas, Ginger, Rapeseed Oil, Garlic, Coriander Leaves, Tomato Purée, Salt, Chilli Powder, Ground Coriander, Garam Masala, Green Chilli, Turmeric, Ground Cumin, Fenugreek Leaves, Black Pepper, Mint, Cinnamon, Bay Leaf.

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

31.9%	95.6g	Lamb, lean only, raw, average
18.2%	54.6g	Onions, raw
18.2%	54.6g	Tomatoes, red, ripe, raw, year round average
13.7%	41g	Mutton, cooked, roasted (Navajo)
7.28%	21.8g	Peas, frozen, boiled in unsalted water
2.28%	6.83g	Ginger, fresh
1.82%	5.46g	Oil, rapeseed
1.82%	5.46g	Garlic, raw
1.37%	4.1g	Coriander leaves, fresh
0.91%	2.73g	Tomato puree
0.546	1.64g	Salt
%		
0.455	1.37g	Chilli powder
%		
0.364	1.09g	Ground Coriander
%		
0.319%	0.956g	Garam masala
0.273	0.819g	Peppers, capsicum, chilli, green, raw

Nutrients

	per 100g	per 300 g serving
Energy	488.90kJ	1466.69kJ
Calories	116.94kcal	350.81kcal
Protein	12.23g	36.70g
Total Carbohydrate	0.00g	0.00g
Available	3.42g	10.25g
Carbohydrate		
Sugars	2.18g	6.55g
Starch	0.73g	2.19g
Added Sugar	0.00g	0.00g
Total Fat	6.26g	18.78g
Saturated Fat	1.97g	5.91g
Monounsaturated	2.77g	8.31g
Fats		
Polyunsaturated Fats	0.92g	2.76g
Trans Fat	0.19g	0.57g
Dietary Fiber	1.40g	4.21g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	277.72mg	833.16mg
Salt	0.71g	2.12g
Cholesterol	38.46mg	115.38mg
Vitamin A	260.29IU	780.88IU
Vitamin A RAE	40.24µg	120.71µg
Carotene	185.10µg	555.29µg
Alpha Carotene	18.88µg	56.64µg
Beta Carotene	156.74µg	470.22µg
Retinol	1.91µg	5.74µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.11mg	0.33mg
Riboflavin	0.13mg	0.39mg
Niacin	4.39mg	13.18mg
Pantothenic Acid	0.46mg	1.39mg
Vitamin B6	0.21mg	0.63mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	2.73µg	8.19µg
Equivalents		
Food Folate	2.73µg	8.19µg
Folate	10.66µg	31.99µg
Vitamin B12	1.24µg	3.73µg
Vitamin C	5.51mg	16.54mg
Vitamin D	5.10IU	15.29IU
Vitamin D MCG	0.13µg	0.38µg
Vitamin E	0.79mg	2.37mg
Biotin	0.91µg	2.72µg
Vitamin K	8.30µg	24.89µg
Calcium	27.14mg	81.43mg
Chloride	396.44mg	1189.33mg
Choline	14.96µg	44.87µg
Copper	0.09mg	0.28mg
Iodine	2.72µg	8.15µg
Iron	1.87mg	5.62mg
Magnesium	23.67mg	71.02mg

%			Manganese	0.16mg	0.48mg
0.228	0.683g	Turmeric, ground	Nitrogen	1.20g	3.60g
%			Phosphorus	124.43mg	373.29mg
0.182%	0.546g	Ground Cumin	Potassium	311.49mg	934.48mg
0.091%	0.273g	Fenugreek leaves, raw	Selenium	6.51µg	19.54µg
0.055	0.164g	Pepper, black	Tryptophan/60	1.41mg	4.22mg
%			Zinc	2.07mg	6.22mg
0.046	0.137g	Mint, dried	Ash	0.28g	0.85g
%			Lutein Zeaxanthin	30.61µg	91.84µg
0.018%	0.055g	Cinnamon, ground	Lycopene	521.64µg	1564.92µg
0.018%	0.055g	Bay leaf, dried	Water	74.24g	222.73g
			Ethanol	0.00g	0.00g

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