

Hyderabadi Vegetable Biryani - Mixed spiced vegetables of potato, cauliflower and tomato with aged basmati in an aromatic spice mix with rose and screw pine essence

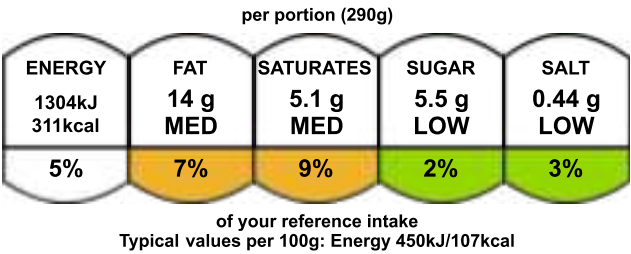
Serving Size

Serving size	290.1g
Number of servings	2

Container Size

Container size	580.0g
Number of servings	2

Graphics



Ingredients and Allergens

Pilau Rice (**Mustard**), Mixed Vegetables, Potato, Onion, Cauliflower, Tomatoes, Butter Ghee (**Milk**), Cream (**Milk**), Mint, Garlic, Yogurt (**Milk**), Coriander Leaves, Ginger, Biryani Massala, Rapeseed Oil, Ground Cumin, Anise Seeds, Cardamon, Cinnamon, Cloves, Mace, Garam Masala, Salt, Ground Coriander, Green Chillli.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

43.1%	125g	Rice, pilau, plain, homemade
19%	55g	Vegetables, mixed, frozen, boiled in unsalted water
8.62%	25g	Potatoes, old, boiled in unsalted water, flesh only
7.45%	21.6g	Onions, raw
6.89%	20g	Cauliflower, boiled in unsalted water
4.4%	12.8g	Tomatoes, standard, raw
1.72%	5g	Ghee, butter
1.38%	4g	Cream, fresh, double, including Jersey cream
1.06%	3.07g	Mint, fresh
0.965%	2.8g	Garlic, raw
0.896%	2.6g	Yogurt, whole milk, plain
0.896%	2.6g	Coriander leaves, fresh

Nutrients

	per 100g	per 290 g serving
Energy	449.60kJ	1304.26kJ
Calories	107.14kcal	310.81kcal
Protein	2.47g	7.16g
Total Carbohydrate	0.00g	0.00g
Available Carbohydrate	13.97g	40.53g
Sugars	1.90g	5.50g
Starch	11.13g	32.30g
Added Sugar	0.00g	0.00g
Total Fat	4.98g	14.44g
Saturated Fat	1.77g	5.14g
Monounsaturated Fats	1.38g	4.00g
Polyunsaturated Fats	1.32g	3.83g
Trans Fat	0.06g	0.18g
Dietary Fiber	0.91g	2.64g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	59.06mg	171.33mg
Salt	0.15g	0.44g
Cholesterol	6.23mg	18.07mg
Vitamin A	412.99IU	1198.07IU
Vitamin A RAE	123.90µg	359.42µg
Carotene	582.62µg	1690.15µg
Alpha Carotene	133.99µg	388.69µg
Beta Carotene	498.06µg	1444.84µg
Retinol	26.88µg	77.99µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.08mg	0.24mg
Riboflavin	0.03mg	0.10mg
Niacin	0.92mg	2.67mg
Pantothenic Acid	0.13mg	0.38mg
Vitamin B6	0.07mg	0.19mg
Folic Acid	0.00µg	0.00µg
Dietary Folate Equivalents	0.00µg	0.00µg
Food Folate	19.57µg	56.77µg
Folate	0.01µg	0.03µg
Vitamin B12	7.42mg	21.53mg
Vitamin C	0.92IU	2.68IU
Vitamin D	0.02µg	0.07µg
Vitamin D MCG	1.16mg	3.35mg
Vitamin E	0.41µg	1.19µg
Biotin	5.73µg	16.63µg
Vitamin K	30.20mg	87.60mg
Calcium	115.29mg	334.45mg
Chloride	0.00µg	0.00µg
Choline	0.07mg	0.22mg
Copper	2.21µg	6.42µg
Iodine	1.26mg	3.65mg
Iron	14.63mg	42.45mg
Magnesium		

%			Manganese	0.28mg	0.83mg
0.862	2.5g	Ginger, fresh	Nitrogen	0.40g	1.16g
%			Phosphorus	43.07mg	124.95mg
0.724	2.1g	Biryani massala	Potassium	148.15mg	429.77mg
%			Selenium	1.88µg	5.44µg
0.517%	1.5g	Oil, rapeseed	Tryptophan/60	0.49mg	1.42mg
0.212%	0.615g	Ground Cumin	Zinc	0.36mg	1.05mg
0.172%	0.5g	Anise seeds	Ash	0.00g	0.00g
0.172%	0.5g	Cardamon, ground	Lutein Zeaxanthin	6.37µg	18.49µg
0.172%	0.5g	Cinnamon, ground	Lycopene	22.28µg	64.64µg
0.172%	0.5g	Cloves, dried	Water	74.98g	217.51g
0.172%	0.5g	Mace, ground	Ethanol	0.00g	0.00g
0.145%	0.42g	Garam masala			
0.129%	0.375g	Salt			
0.124%	0.36g	Ground Coriander			
0.097	0.28g	Peppers, capsicum, chilli, green, raw			
%					