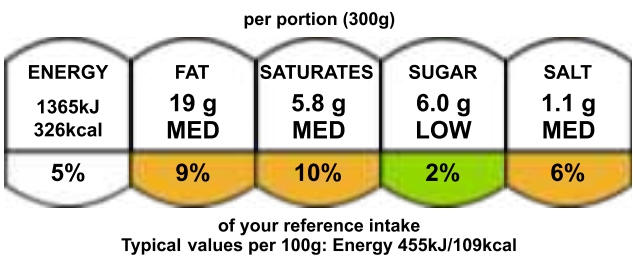


Keralan Beef Curry - Brisket simmered in a coconut milk and tamarind sauce spiced with, keralan long pepper, Kashmiri chilli and tempered with curry leaves and black mustard seeds

Serving Size	
Serving size	300g
Number of servings	283.33
Container Size	
Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Beef, Onion, Tomatoes, Coconut Milk, Water, Rapeseed Oil, Garlic, Coconut Oil, Ginger, Ground Coriander, Chilli Powder, Salt, Green Chilli, Mustard Seeds (**Mustard**), Cumin Seeds, Fennel Seeds, Coriander Seeds, Turmeric, Curry Leaves, Chili Peppers, Dried Red Chillies, Garam Masala, Ground Cumin, Ground Black Pepper.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

46.7%	140.1g	Beef, stewing steak, raw, lean
18.7%	56g	Onions, raw
11.7%	35g	Tomatoes, canned, whole contents
6.77%	20.3g	Coconut milk
5.84%	17.5g	Water, tap, drinking
2.92%	8.76g	Oil, rapeseed
2.1%	6.3g	Garlic, raw
1.17%	3.5g	Oil, coconut
1.17%	3.5g	Ginger, fresh
0.409%	1.23g	Ground Coriander
0.234%	0.701g	Chilli powder
0.234%	0.701g	Salt
0.234%	0.701g	Peppers, capsicum, chilli, green, raw

Nutrients		
	per 100g	per 300 g serving
Energy	455.03kJ	1365.09kJ
Calories	108.76kcal	326.27kcal
Protein	11.50g	34.49g
Total Carbohydrate	0.00g	0.00g
Available Carbohydrate	2.84g	8.53g
Sugars	1.99g	5.96g
Starch	0.35g	1.05g
Added Sugar	0.00g	0.00g
Total Fat	6.18g	18.54g
Saturated Fat	1.92g	5.75g
Monounsaturated Fats	2.76g	8.29g
Polyunsaturated Fats	1.07g	3.21g
Trans Fat	0.05g	0.14g
Dietary Fiber	0.86g	2.58g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	144.81mg	434.44mg
Salt	0.37g	1.10g
Cholesterol	31.53mg	94.59mg
Vitamin A	86.94IU	260.82IU
Vitamin A RAE	16.32µg	48.97µg
Carotene	97.86µg	293.57µg
Alpha Carotene	0.06µg	0.19µg
Beta Carotene	37.05µg	111.14µg
Retinol	trace	trace
Beta Cryptoxanthin	0.07µg	0.21µg
Thiamin	0.08mg	0.24mg
Riboflavin	0.15mg	0.45mg
Niacin	4.48mg	13.43mg
Pantothenic Acid	0.34mg	1.01mg
Vitamin B6	0.26mg	0.79mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.04µg	0.12µg
Food Folate	0.05µg	0.14µg
Folate	6.31µg	18.93µg
Vitamin B12	0.94µg	2.82µg
Vitamin C	3.05mg	9.16mg
Vitamin D	15.06IU	45.18IU
Vitamin D MCG	0.38µg	1.13µg
Vitamin E	0.98mg	2.95mg
Biotin	0.82µg	2.47µg
Vitamin K	4.44µg	13.31µg
Calcium	28.04mg	84.12mg
Chloride	220.74mg	662.22mg
Choline	0.02µg	0.06µg
Copper	0.06mg	0.19mg
Iodine	6.54µg	19.63µg
Iron	1.69mg	5.06mg

%			Iron	1.03mg	3.00mg
0.175%	0.525g	Mustard seeds	Magnesium	22.64mg	67.92mg
0.175%	0.525g	Cumin seeds	Manganese	0.12mg	0.35mg
0.175%	0.525g	Fennel seeds	Nitrogen	1.84g	5.53g
0.175%	0.525g	Coriander seeds	Phosphorus	111.35mg	334.05mg
0.175%	0.525g	Turmeric, ground	Potassium	293.25mg	879.74mg
0.175%	0.525g	Fennel seeds	Selenium	3.39µg	10.17µg
0.175%	0.525g	Curry leaves, fresh	Tryptophan/60	2.26mg	6.77mg
0.175%	0.525g	Peppers, hot chili, red, raw	Zinc	2.83mg	8.50mg
0.117%	0.35g	Crushed Red Chillies, Dried	Ash	0.01g	0.03g
0.117%	0.35g	Garam masala	Lutein Zeaxanthin	21.84µg	65.52µg
0.117%	0.35g	Ground Cumin	Lycopene	170.71µg	512.12µg
0.117%	0.35g	Black Pepper Coarse Ground	Water	76.55g	229.66g
			Ethanol	0.00g	0.00g