

# Lamb Bhuna Banjara - Smoked bhuna from Rajasthan, lamb in a rich caramelised shallot sauce spiced with mathania chilli, peppercorns and bay leaf

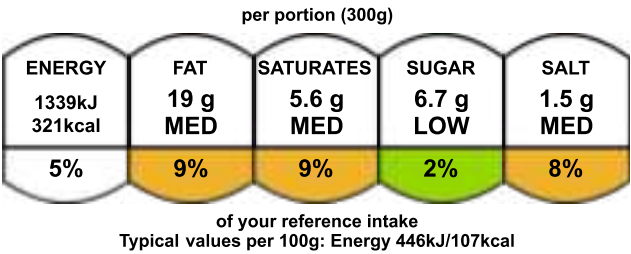
## Serving Size

|                    |        |
|--------------------|--------|
| Serving size       | 300g   |
| Number of servings | 298.77 |

## Container Size

|                    |        |
|--------------------|--------|
| Container size     | 600.0g |
| Number of servings | 2      |

## Graphics



## Ingredients and Allergens

Lamb, Onion, Tomatoes, Cabbage, Garlic, Rapeseed Oil, Water, Ginger, Tomato Purée, Coriander Leaves, Chilli Powder, Ground Coriander, Salt, Garam Masala, Curry Powder (**Mustard**), Butter (**Milk**), Ground Cumin, Turmeric, Black Pepper, Cardamon, Coriander Seeds, Cloves, Fennel Seeds, Cumin Seeds, Nutmeg, Dried Red Chillies, Bay Leaf, Star Anise.

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

|        |        |                               |
|--------|--------|-------------------------------|
| 44.6%  | 133.9g | Lamb, lean only, raw, average |
| 20.1%  | 60.2g  | Onions, raw                   |
| 13.4%  | 40.2g  | Tomatoes, standard, raw       |
| 6.69%  | 20.1g  | Cabbage, white, raw           |
| 2.79%  | 8.37g  | Garlic, raw                   |
| 2.23%  | 6.69g  | Oil, rapeseed                 |
| 2.23%  | 6.69g  | Water, tap, drinking          |
| 1.67%  | 5.02g  | Ginger, fresh                 |
| 1.67%  | 5.02g  | Tomato puree                  |
| 1.67%  | 5.02g  | Coriander leaves, fresh       |
| 0.669  | 2.01g  | Chilli powder                 |
| %      |        |                               |
| 0.446  | 1.34g  | Ground Coriander              |
| %      |        |                               |
| 0.335% | 1g     | Salt                          |
| 0.223% | 0.669g | Garam masala                  |
| 0.223% | 0.669g | Curry powder                  |

## Nutrients

|                      | per 100g   | per 300 g serving |
|----------------------|------------|-------------------|
| Energy               | 446.21kJ   | 1338.63kJ         |
| Calories             | 106.84kcal | 320.52kcal        |
| Protein              | 10.01g     | 30.03g            |
| Total Carbohydrate   | 0.00g      | 0.00g             |
| Available            | 3.17g      | 9.51g             |
| Carbohydrate         |            |                   |
| Sugars               | 2.22g      | 6.66g             |
| Starch               | 0.47g      | 1.42g             |
| Added Sugar          | 0.00g      | 0.00g             |
| Total Fat            | 6.40g      | 19.19g            |
| Saturated Fat        | 1.86g      | 5.57g             |
| Monounsaturated      | 2.87g      | 8.60g             |
| Fats                 |            |                   |
| Polyunsaturated Fats | 0.99g      | 2.97g             |
| Trans Fat            | 0.27g      | 0.82g             |
| Dietary Fiber        | 1.37g      | 4.12g             |
| Soluble Fiber        | 0.00g      | 0.00g             |
| Insoluble Fiber      | 0.00g      | 0.00g             |
| Sodium               | 196.57mg   | 589.70mg          |
| Salt                 | 0.50g      | 1.50g             |
| Cholesterol          | 33.50mg    | 100.50mg          |
| Vitamin A            | 168.24IU   | 504.71IU          |
| Vitamin A RAE        | 49.59µg    | 148.76µg          |
| Carotene             | 269.61µg   | 808.84µg          |
| Alpha Carotene       | 0.60µg     | 1.81µg            |
| Beta Carotene        | 139.81µg   | 419.44µg          |
| Retinol              | 4.82µg     | 14.45µg           |
| Beta Cryptoxanthin   | 0.00µg     | 0.00µg            |
| Thiamin              | 0.11mg     | 0.33mg            |
| Riboflavin           | 0.11mg     | 0.34mg            |
| Niacin               | 4.58mg     | 13.74mg           |
| Pantothenic Acid     | 0.49mg     | 1.48mg            |
| 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               | 15.93µg    | 47.80µg           |
| Vitamin B12          | 0.89µg     | 2.68µg            |
| Vitamin C            | 8.45mg     | 25.34mg           |
| Vitamin D            | 7.22IU     | 21.66IU           |
| Vitamin D MCG        | 0.18µg     | 0.54µg            |
| Vitamin E            | 0.81mg     | 2.42mg            |
| Biotin               | 1.39µg     | 4.18µg            |
| Vitamin K            | 13.33µg    | 39.99µg           |
| Calcium              | 31.35mg    | 94.06mg           |
| Chloride             | 312.51mg   | 937.52mg          |
| Choline              | 0.00µg     | 0.00µg            |
| Copper               | 0.09mg     | 0.28mg            |
| Iodine               | 3.80µg     | 11.39µg           |
| Iron                 | 1.55mg     | 4.65mg            |
| Magnesium            | 22.24mg    | 66.71mg           |

|        |        |                             |                   |          |          |
|--------|--------|-----------------------------|-------------------|----------|----------|
| 0.223% | 0.669g | Butter, salted              | Manganese         | 0.16mg   | 0.49mg   |
| 0.167% | 0.502g | Ground Cumin                | Nitrogen          | 1.60g    | 4.80g    |
| 0.167% | 0.502g | Turmeric, ground            | Phosphorus        | 109.68mg | 329.04mg |
| 0.167% | 0.502g | Turmeric, ground            | Potassium         | 316.26mg | 948.78mg |
| 0.045  | 0.134g | Pepper, black               | Selenium          | 1.94µg   | 5.82µg   |
| %      |        |                             | Tryptophan/60     | 1.89mg   | 5.67mg   |
| 0.045  | 0.134g | Cardamon, ground            | Zinc              | 1.67mg   | 5.00mg   |
| %      |        |                             | Ash               | 0.00g    | 0.00g    |
| 0.045  | 0.134g | Coriander seeds             | Lutein Zeaxanthin | 29.57µg  | 88.71µg  |
| %      |        |                             | Lycopene          | 165.65µg | 496.94µg |
| 0.045  | 0.134g | Cloves, dried               | Water             | 76.44g   | 229.31g  |
| %      |        |                             | Ethanol           | 0.00g    | 0.00g    |
| 0.033  | 0.1g   | Fennel seeds                |                   |          |          |
| %      |        |                             |                   |          |          |
| 0.022  | 0.067g | Cloves, dried               |                   |          |          |
| %      |        |                             |                   |          |          |
| 0.022  | 0.067g | Cumin seeds                 |                   |          |          |
| %      |        |                             |                   |          |          |
| 0.011% | 0.033g | Cloves, dried               |                   |          |          |
| 0.011% | 0.033g | Nutmeg, ground              |                   |          |          |
| 0.011% | 0.033g | Crushed Red Chillies, Dried |                   |          |          |
| 0.011% | 0.033g | Bay leaf, dried             |                   |          |          |
| 0.011% | 0.033g | Star Anise                  |                   |          |          |