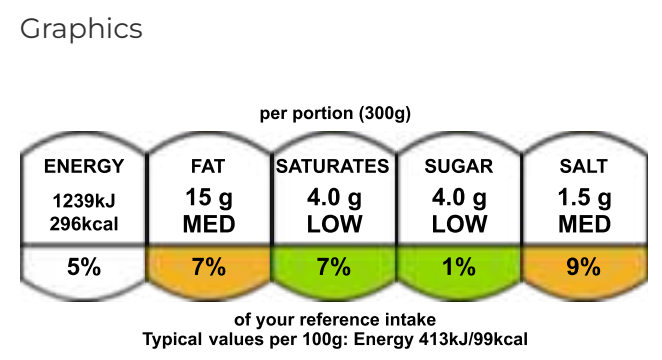


NALLI NIHARI - Mughlai slow-cooked, rich and flavourful lamb shank curry. Made with a blend of aromatic spices and bone marrow to create a uniquely rich and flavoursome gravy.

Serving Size	
Serving size	300g
Number of servings	275.66
Container Size	
Container size	600.0g
Number of servings	2



Ingredients and Allergens

Water, Lamb, Onion, Garlic, Rapeseed Oil, Nihari Masala (**Soya**), Ground Coriander, Chilli Powder, Salt, Turmeric, Corn Flour, Ground Black Pepper, Ground Cumin, Cinnamon, Anise Seeds, Cardamon, Cloves, Bay Leaf, Tomatoes.

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

36.3%	108.8g	Water, tap, municipal
36.3%	108.8g	Lamb, leg joint, roasted, lean
21.8%	65.3g	Onions, raw
1.45%	4.35g	Garlic, raw
1.32%	3.97g	Oil, rapeseed
0.726%	2.18g	Nihari Masala
0.605%	1.81g	Ground Coriander
0.423%	1.27g	Chilli powder
0.363%	1.09g	Salt
0.242%	0.726g	Turmeric, ground
0.242%	0.726g	Flour, corn

Nutrients		
	per 100g	per 300 g serving
Energy	412.97kJ	1238.90kJ
Calories	98.67kcal	296.02kcal
Protein	11.70g	35.09g
Total Carbohydrate	0.00g	0.00g
Available Carbohydrate	2.25g	6.74g
Sugars	1.34g	4.01g
Starch	0.40g	1.19g
Added Sugar	0.00g	0.00g
Total Fat	5.05g	15.15g
Saturated Fat	1.35g	4.05g
Monounsaturated Fats	2.34g	7.01g
Polyunsaturated Fats	0.69g	2.06g
Trans Fat	0.29g	0.87g
Dietary Fiber	0.74g	2.23g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	201.14mg	603.43mg
Salt	0.51g	1.53g
Cholesterol	39.90mg	119.71mg
Vitamin A	43.61IU	130.83IU
Vitamin A RAE	13.08µg	39.25µg
Carotene	78.58µg	235.75µg
Alpha Carotene	0.00µg	0.00µg
Beta Carotene	0.05µg	0.14µg
Retinol	trace	trace
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.08mg	0.25mg
Riboflavin	0.11mg	0.32mg
Niacin	4.75mg	14.25mg
Pantothenic Acid	0.56mg	1.67mg
Vitamin B6	0.15mg	0.45mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	4.77µg	14.31µg
Vitamin B12	1.09µg	3.26µg
Vitamin C	0.91mg	2.72mg
Vitamin D	8.71IU	26.12IU
Vitamin D MCG	0.22µg	0.65µg
Vitamin E	0.38mg	1.14mg
Biotin	0.94µg	2.83µg
Vitamin K	1.94µg	5.83µg
Calcium	19.12mg	57.35mg
Chloride	283.54mg	850.61mg
Choline	0.00µg	0.00µg
Copper	0.07mg	0.21mg
Iodine	2.82µg	8.45µg
Iron	1.22mg	3.67mg

0.181%	0.544	Black Pepper Coarse Ground	Iron	1.22mg	3.87mg
	g		Magnesium	15.89mg	47.66mg
0.042	0.127g	Ground Cumin	Manganese	0.08mg	0.24mg
%			Nitrogen	1.87g	5.62g
0.024	0.073g	Cinnamon, ground	Phosphorus	96.01mg	288.03mg
%			Potassium	200.26mg	600.78mg
0.018%	0.054	Anise seeds	Selenium	1.49µg	4.46µg
	g		Tryptophan/60	2.42mg	7.25mg
0.012%	0.036g	Cardamon, ground	Zinc	1.99mg	5.96mg
0.012%	0.036g	Cloves, dried	Ash	0.00g	0.00g
0.012%	0.036g	Bay leaf, dried	Lutein Zeaxanthin	0.01µg	0.03µg
0.006	0.018g	Tomatoes, canned, whole contents	Lycopene	0.09µg	0.26µg
%			Water	77.80g	233.39g
			Ethanol	0.00g	0.00g