

Paneer Makhni - North Indian style tandoori paneer in a smooth aromatic buttery tomato sauce, finished with local honey and ground fenugreek

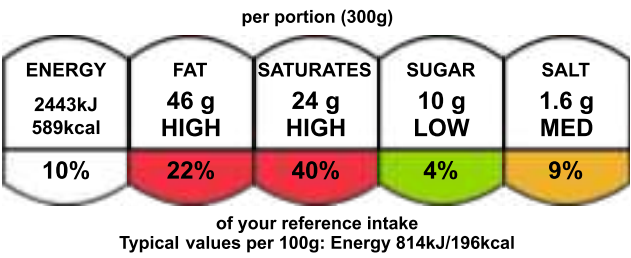
Serving Size

Serving size	300g
Number of servings	367.77

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Paneer (**Milk**), Tomatoes, Onion, Cream (**Milk**), Butter (**Milk**), Water, Peppers, Bell, Green, Raw, Peppers, Bell, Yellow, Raw, Peppers, Bell, Red, Raw, Rapeseed Oil, Melon Seeds, Ginger, Garlic, Honey, Salt, Tomato Purée, Chilli Powder, Ground Coriander, Fenugreek Seeds, Ground Cumin, Cardamon, Garam Masala.

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

32.6%	97.9g	Cheese, Paneer
27.2%	81.6g	Tomatoes, crushed, canned
10.9%	32.6g	Onions, raw
7.25%	21.8g	Cream, dairy, UHT, half fat, canned spray
3.63%	10.9g	Butter, unsalted
2.72%	8.16g	Water, tap, drinking
2.41%	7.23g	Peppers, bell, green, raw
2.41%	7.23g	Peppers, bell, yellow, raw
2.41%	7.23g	Peppers, bell, red, raw
2.06%	6.19g	Oil, rapeseed
1.81%	5.44g	Melon seeds
1.13%	3.4g	Ginger, fresh
1.13%	3.4g	Garlic, raw
0.906	2.72g	Honey
%		
0.363	1.09g	Salt
%		

Nutrients

	per 100g	per 300 g serving
Energy	814.33kJ	2442.99kJ
Calories	196.24kcal	588.71kcal
Protein	10.09g	30.28g
Total Carbohydrate	0.00g	0.00g
Available	4.70g	14.11g
Carbohydrate		
Sugars	3.39g	10.16g
Starch	0.22g	0.65g
Added Sugar	0.66g	1.98g
Total Fat	15.37g	46.12g
Saturated Fat	8.09g	24.26g
Monounsaturated	4.81g	14.43g
Fats		
Polyunsaturated Fats	1.67g	5.00g
Trans Fat	0.56g	1.68g
Dietary Fiber	0.98g	2.93g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	212.33mg	637.00mg
Salt	0.54g	1.62g
Cholesterol	11.06mg	33.17mg
Vitamin A	520.87IU	1562.62IU
Vitamin A RAE	141.71µg	425.14µg
Carotene	74.38µg	223.13µg
Alpha Carotene	trace	trace
Beta Carotene	75.21µg	225.63µg
Retinol	126.31µg	378.93µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.05mg	0.14mg
Riboflavin	0.12mg	0.36mg
Niacin	3.33mg	9.99mg
Pantothenic Acid	0.10mg	0.30mg
Vitamin B6	0.08mg	0.25mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	3.53µg	10.60µg
Equivalents		
Food Folate	6.21µg	18.64µg
Folate	17.50µg	52.51µg
Vitamin B12	0.02µg	0.05µg
Vitamin C	12.35mg	37.05mg
Vitamin D	1.31IU	3.92IU
Vitamin D MCG	0.03µg	0.10µg
Vitamin E	1.08mg	3.24mg
Biotin	0.25µg	0.76µg
Vitamin K	4.22µg	12.67µg
Calcium	200.73mg	602.20mg
Chloride	240.98mg	722.93mg
Choline	3.51µg	10.52µg
Copper	0.12mg	0.35mg
Iodine	2.59µg	7.76µg
Iron	0.89mg	2.68mg
Magnesium	27.76mg	83.27mg

0.227%	0.68g	Tomato puree	Manganese	0.16mg	0.47mg
			Nitrogen	1.52g	4.56g
0.181%	0.544g	Chilli powder	Phosphorus	162.27mg	486.80mg
			Potassium	177.88mg	533.63mg
0.181%	0.544g	Ground Coriander	Selenium	0.27µg	0.81µg
			Tryptophan/60	2.79mg	8.38mg
0.181%	0.544g	Fenugreek seeds	Zinc	1.30mg	3.91mg
			Ash	0.39g	1.18g
0.091%	0.272g	Ground Cumin	Lutein Zeaxanthin	47.94µg	143.83µg
0.091%	0.272g	Cardamon, ground	Lycopene	1401.59µg	4204.78µg
0.068%	0.204g	Garam masala	Water	66.56g	199.69g
0.045%	0.136g	Cardamon, ground	Ethanol	0.00g	0.00g