

PRAWN PATHIA - Jumbo prawns simmered in a hot Parsi sweet and sour western Indian curry flavoured with tamarind and citrus

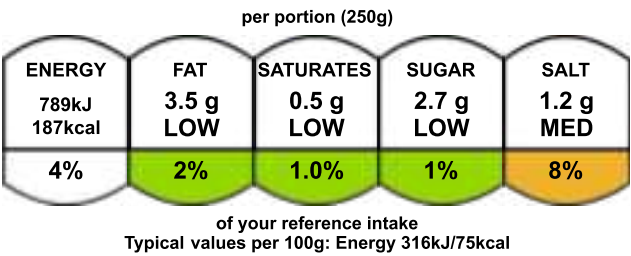
Serving Size

Serving size	250g
Number of servings	687.78

Container Size

Container size	500.0g
Number of servings	2

Graphics



Ingredients and Allergens

King Prawns (**Crustaceans**), Onion, Tomatoes, Jaggery, Lemon Juice, Garlic, Rapeseed Oil, Tomato Purée, Molasses, Ginger, Curry Leaves, Chilli Powder, Ground Coriander, Dried Red Chillies, Ground Cumin, Salt, Turmeric, Tamarind.

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

78.5%	196.3g	Prawns, king, raw
9.89%	24.7g	Onions, raw
4.07%	10.2g	Tomatoes, standard, raw
2.44%	6.11g	Jaggery
1.28%	3.2g	Lemon juice, fresh
0.872%	2.18g	Garlic, raw
0.795%	1.99g	Oil, rapeseed
0.582%	1.45g	Tomato puree
0.436%	1.09g	Molasses
0.291%	0.727g	Garlic, raw
0.291%	0.727g	Ginger, fresh
0.174%	0.436g	Curry leaves, fresh
0.087%	0.218g	Chilli powder
0.073%	0.182g	Ground Coriander

Nutrients

	per 100g	per 250 g serving
Energy	315.64kJ	789.10kJ
Calories	74.90kcal	187.25kcal
Protein	14.12g	35.29g
Total Carbohydrate	0.00g	0.00g
Available Carbohydrate	1.51g	3.78g
Sugars	1.09g	2.73g
Starch	0.17g	0.43g
Added Sugar	0.00g	0.00g
Total Fat	1.41g	3.53g
Saturated Fat	0.19g	0.48g
Monounsaturated Fats	0.55g	1.39g
Polyunsaturated Fats	0.43g	1.09g
Trans Fat	trace	trace
Dietary Fiber	0.39g	0.97g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	196.24mg	490.61mg
Salt	0.50g	1.25g
Cholesterol	117.77mg	294.42mg
Vitamin A	44.86IU	112.15IU
Vitamin A RAE	8.84µg	22.10µg
Carotene	53.35µg	133.37µg
Alpha Carotene	trace	trace
Beta Carotene	23.21µg	58.02µg
Retinol	trace	trace
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.02mg	0.05mg
Riboflavin	0.05mg	0.11mg
Niacin	3.07mg	7.67mg
Pantothenic Acid	0.15mg	0.37mg
Vitamin B6	0.11mg	0.28mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.01µg
Folate	11.33µg	28.33µg
Vitamin B12	1.02µg	2.55µg
Vitamin C	2.15mg	5.37mg
Vitamin D	trace	trace
Vitamin D MCG	trace	trace
Vitamin E	1.67mg	4.19mg
Biotin	3.26µg	8.15µg
Vitamin K	1.29µg	3.23µg
Calcium	42.22mg	105.55mg
Chloride	255.96mg	639.90mg
Choline	0.00µg	0.00µg
Copper	0.18mg	0.45mg
Iodine	4.27µg	10.66µg
Iron	0.73mg	1.82mg
Magnesium	26.10mg	65.26mg

0.010	0.02g	Ground Coriander	Manganese	0.07mg	0.17mg
%			Nitrogen	2.26g	5.65g
0.058	0.145g	Crushed Red Chillies, Dried	Phosphorus	128.85mg	322.13mg
%			Potassium	150.82mg	377.06mg
0.058	0.145g	Ground Cumin	Selenium	26.74µg	66.85µg
%			Tryptophan/60	2.89mg	7.22mg
0.058	0.145g	Salt	Zinc	0.98mg	2.46mg
%			Ash	0.00g	0.01g
0.029	0.073g	Turmeric, ground	Lutein Zeaxanthin	9.65µg	24.12µg
%			Lycopene	54.62µg	136.54µg
0.002	0.006	Tamarind pulp, flesh only	Water	79.79g	199.48g
%	g		Ethanol	0.00g	0.00g