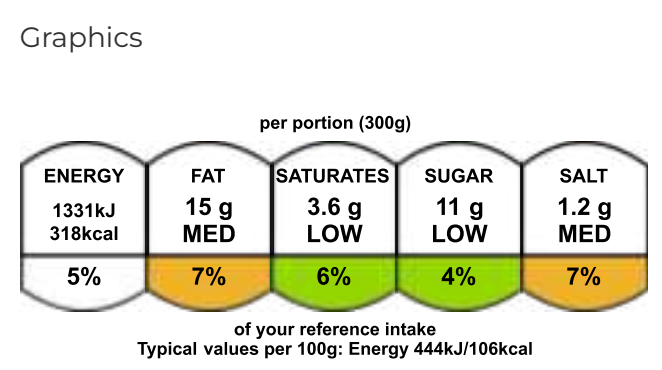


Rogon Josh - Classic Kashmiri style curry, lamb simmered slowly in a velvety smooth sauce spiced with Kashmiri chilli and aromatic spices

Serving Size	
Serving size	300g
Number of servings	277.42

Container Size	
Container size	600.0g
Number of servings	2



Ingredients and Allergens

Lamb, Yogurt (**Milk**), Onion, Tomatoes, Garlic, Ginger, Water, Rapeseed Oil, Coriander Leaves, Tomato Purée, Chilli Powder, Ground Coriander, Salt, Garam Masala, Ground Cumin, Bay Leaf, Cinnamon, Cardamon, Anise Seed, Saffron.

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

30%	90.1g	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted
25.2%	75.7g	Yogurt, virtually fat free/diet, plain
18%	54.1g	Onions, raw
9.61%	28.8g	Tomatoes, standard, raw
3.6%	10.8g	Yogurt, low fat, plain
2.4%	7.21g	Garlic, raw
2.4%	7.21g	Ginger, fresh
2.4%	7.21g	Water, tap, drinking
2.19%	6.57g	Oil, rapeseed
1.2%	3.6g	Coriander leaves, fresh
1.2%	3.6g	Tomato puree
0.481%	1.44g	Chilli powder
0.3%	0.901g	Ground Coriander
0.24%	0.721g	Salt
0.24%	0.721g	Garam masala
0.216%	0.649	Ground Cumin

Nutrients		
	per 100g	per 300 g serving
Energy	443.68kJ	1331.03kJ
Calories	105.87kcal	317.61kcal
Protein	10.86g	32.59g
Total Carbohydrate	0.00g	0.00g
Available	4.77g	14.31g
Carbohydrate		
Sugars	3.76g	11.29g
Starch	0.54g	1.63g
Added Sugar	0.00g	0.00g
Total Fat	5.07g	15.20g
Saturated Fat	1.19g	3.57g
Monounsaturated	2.39g	7.17g
Fats		
Polyunsaturated Fats	0.90g	2.70g
Trans Fat	0.00g	0.00g
Dietary Fiber	0.92g	2.76g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	157.97mg	473.90mg
Salt	0.40g	1.21g
Cholesterol	32.19mg	96.56mg
Vitamin A	111.91IU	335.74IU
Vitamin A RAE	33.52µg	100.55µg
Carotene	197.11µg	591.33µg
Alpha Carotene	0.43µg	1.30µg
Beta Carotene	99.71µg	299.12µg
Retinol	0.89µg	2.67µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.12mg	0.37mg
Riboflavin	0.24mg	0.73mg
Niacin	2.72mg	8.16mg
Pantothenic Acid	0.45mg	1.35mg
Vitamin B6	0.19mg	0.56mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.01µg	0.02µg
Equivalents		
Food Folate	0.01µg	0.02µg
Folate	11.13µg	33.38µg
Vitamin B12	0.82µg	2.47µg
Vitamin C	4.33mg	12.99mg
Vitamin D	0.14IU	0.43IU
Vitamin D MCG	0.00µg	0.01µg
Vitamin E	0.77mg	2.31mg
Biotin	0.82µg	2.47µg
Vitamin K	7.29µg	21.86µg
Calcium	64.23mg	192.69mg
Chloride	267.87mg	803.61mg
Choline	0.00µg	0.00µg
Copper	0.09mg	0.26mg
Iodine	15.33µg	45.99µg
Iron	1.26mg	3.77mg
Magnesium	20.14mg	60.42mg

0.1210%	0.1015g	Ground Saffron	Manganese	0.11mg	0.34mg
			Nitrogen	0.36g	1.07g
0.108%	0.324g	Bay leaf, dried	Phosphorus	120.01mg	360.03mg
0.036%	0.108g	Cinnamon, ground	Potassium	270.75mg	812.24mg
			Selenium	2.56µg	7.69µg
0.036%	0.108g	Cardamon, ground	Tryptophan/60	0.41mg	1.24mg
			Zinc	1.41mg	4.22mg
0.024%	0.072g	Spices, anise seed	Ash	0.35g	1.06g
			Lutein Zeaxanthin	21.23µg	63.69µg
0.006%	0.018g	Spices, saffron	Lycopene	118.93µg	356.78µg
			Water	77.34g	232.03g
			Ethanol	0.00g	0.00g