

Signature Pilao - Aged basmati cooked with aromats and fresh herbs

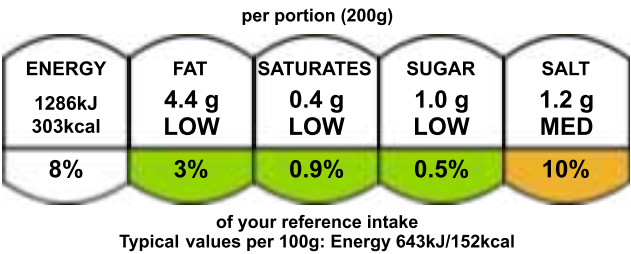
Serving Size

Serving size	200g
Number of servings	270.14

Container Size

Container size	400.0g
Number of servings	2

Graphics



Ingredients and Allergens

Water, Basmati Rice, Onion, Tomatoes, Coriander Leaves, Rapeseed Oil, Mint, Garlic, Ginger, Salt, Cumin Seeds, Garam Masala, Chilli Powder, Star Anise, Cardamon, Cinnamon, Black Pepper, Bay Leaf, Cloves, Mace. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

57.4%	114.8g	Water, tap, drinking
28.7%	57.4g	Rice, white, basmati, raw
3.59%	7.18g	Onions, raw
2.87%	5.74g	Tomatoes, standard, raw
2.87%	5.74g	Coriander leaves, fresh
1.44%	2.87g	Oil, rapeseed
1.15%	2.3g	Mint, fresh
0.431%	0.861g	Garlic, raw
0.431%	0.861g	Ginger, fresh
0.431%	0.861g	Salt
0.287%	0.574g	Cumin seeds
0.144%	0.287g	Garam masala
0.144%	0.287g	Chilli powder
0.026%	0.052g	Star Anise
0.026%	0.052g	Cardamon, ground
0.014%	0.029g	Cinnamon, ground
0.014%	0.029g	Pepper, black
0.014%	0.029g	Bay leaf, dried
0.006%	0.012g	Cloves, dried

Nutrients

	per 100g	per 200 g serving
Energy	642.96kJ	1285.92kJ
Calories	151.56kcal	303.12kcal
Protein	3.38g	6.76g
Total Carbohydrate	0.00g	0.00g
Available Carbohydrate	30.30g	60.60g
Sugars	0.48g	0.97g
Starch	28.25g	56.50g
Added Sugar	0.00g	0.00g
Total Fat	2.22g	4.45g
Saturated Fat	0.19g	0.38g
Monounsaturated Fats	1.21g	2.42g
Polyunsaturated Fats	0.64g	1.27g
Trans Fat	trace	trace
Dietary Fiber	0.80g	1.60g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	232.03mg	464.05mg
Salt	0.59g	1.18g
Cholesterol	0.00mg	0.00mg
Vitamin A	117.50IU	235.00IU
Vitamin A RAE	35.25µg	70.50µg
Carotene	211.43µg	422.87µg
Alpha Carotene	1.33µg	2.67µg
Beta Carotene	158.46µg	316.91µg
Retinol	0.00µg	0.00µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.06mg	0.13mg
Riboflavin	0.01mg	0.03mg
Niacin	1.35mg	2.70mg
Pantothenic Acid	0.19mg	0.38mg
Vitamin B6	0.06mg	0.12mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Food Folate	0.00µg	0.00µg
Folate	9.91µg	19.82µg
Vitamin B12	0.00µg	0.00µg
Vitamin C	2.57mg	5.13mg
Vitamin D	0.00IU	0.00IU
Vitamin D MCG	0.00µg	0.00µg
Vitamin E	0.65mg	1.30mg
Biotin	0.51µg	1.01µg
Vitamin K	14.03µg	28.06µg
Calcium	19.44mg	38.89mg
Chloride	374.26mg	748.52mg
Choline	0.00µg	0.00µg
Copper	0.12mg	0.25mg
Iodine	0.43µg	0.86µg
Iron	1.27mg	2.54mg
Magnesium	12.61mg	25.23mg
Manganese	0.36mg	0.72mg
Nitrogen	0.56g	1.13g

0.006	0.011g	Cloves, dried	Phosphorus	46.55mg	93.10mg
%			Potassium	86.34mg	172.69mg
0.004	0.009	Mace, ground	Selenium	5.94µg	11.87µg
%	g		Tryptophan/60	0.82mg	1.64mg
			Zinc	0.59mg	1.18mg
			Ash	0.00g	0.00g
			Lutein Zeaxanthin	4.00µg	8.00µg
			Lycopene	18.77µg	37.54µg
			Water	0.00g	0.00g
			Ethanol	0.00g	0.00g

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