Beef Vindaloo

Classic vindaloo; 8-hour slow-braised brisket simmered in a roasted chilli, cinnamon, peppercorn sauce soured with Goan todi vinegar.

SERVING SIZE	PACK SIZE	SERVINGS PER PACK
300 g	600 g	2

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1506kJ 358kcal	15 g MED	3.2 g LOW	9.1 g LOW	1.8 g MED
18%	22%	16%	10%	30%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 502kJ / 119kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	502kJ	1506kJ
	119kcal	358kcal
Fat	5.1g	15g
of which saturates	1.1g	3.2g
Carbohydrate	4.7g	14g
of which sugars	3.0g	9.1g
Protein	14g	43g
Salt	0.59g	1.8g

Ingredients and allergens

Beef, Onion, Coconut Milk, Water, Tomato Purée, Garlic, Todi Vinegar (**Sulphites**), Ginger, Rapeseed Oil, Chilli Powder, Ground Coriander, Salt, Garam Masala, Ground Black Pepper, Cardamom Seeds, Bay Leaf, Black Pepper, Cinnamon, Cloves.

CONTAINS **Sulphites**

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

Recipe breakdown per 300 g serving

46.2%	138g	Beef, stewing steak, raw, lean
23.1%	69.2g	Onions, raw
6.92%	20.8g	Coconut milk
5.77%	17.3g	Water, tap, drinking
4.62%	13.8g	Tomato puree
4.04%	12.1g	Garlic, raw
2.88%	8.65g	Vinegar, todi (coconut)
2.31%	6.92g	Ginger, fresh
2.1%	6.31g	Oil, rapeseed
0.692%	2.08g	Chilli powder
0.462%	1.38g	Ground Coriander
0.288%	0.865g	Salt
0.231%	0.692g	Garam masala
0.173%	0.519g	Black Pepper Coarse Ground
0.15%	0.45g	Cardamom seeds
0.058%	0.173g	Bay leaf, dried
0.027%	0.08g	Pepper, black
0.023%	0.069g	Cinnamon, ground
0.023%	0.069g	Cloves, dried

Full nutrient profile

	PER 100G	PER 300G
Energy	502.14 kJ	1506.41 kJ
Energy	119.49 kcal	358.47 kcal
Fat	5.10 g	15.30 g
of which saturates	1.05 g	3.15 g
Monounsaturated Fats	2.61 g	7.82 g
Polyunsaturated Fats	1.02 g	3.07 g
Trans Fatty Acids	0.06 g	0.17 g
Carbohydrate	4.68 g	14.04 g
of which sugars	3.04 g	9.11 g
of which starch	0.85 g	2.54 g
Fibre	1.56 g	4.68 g
Protein	14.44 g	43.32 g
Salt	0.59 g	1.77 g
Sodium	232.56 mg	697.68 mg
Vitamin A IU	146.74 IU	440.23 IU
Vitamin A RAE	44.02 µg	132.07 µg
Carotene	263.91 µg	791.73 µg
Alpha Carotene	0.00 µg	0.00 µg
Beta Carotene	95.85 µg	287.55 µg
Retinol	trace	trace
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.14 mg	0.43 mg
Riboflavin	0.19 mg	0.57 mg
Niacin	5.64 mg	16.91 mg
Pantothenic Acid	0.41 mg	1.24 mg
Vitamin B6	0.35 mg	1.05 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 300G
Folate	9.19 µg	27.56 µg
Vitamin B12	1.16 µg	3.48 µg
Vitamin C	4.56 mg	13.68 mg
Vitamin D IU	18.58 IU	55.75 IU
Vitamin D MCG	0.46 µg	1.39 µg
Vitamin E	1.10 mg	3.30 mg
Biotin	1.24 µg	3.71 µg
Vitamin K	3.96 µg	11.89 µg
Calcium	30.04 mg	90.12 mg
Chloride	362.02 mg	1086.06 mg
Choline	0.00 µg	0.00 µg
Copper	0.10 mg	0.29 mg
Iodine	7.86 µg	23.58 µg
Iron	2.07 mg	6.20 mg
Magnesium	28.67 mg	86.02 mg
Manganese	0.18 mg	0.55 mg
Nitrogen	2.32 g	6.95 g
Phosphorus	141.95 mg	425.84 mg
Potassium	427.89 mg	1283.67 mg
Selenium	4.24 µg	12.71 µg
Tryptophan/60	2.84 mg	8.51 mg
Zinc	3.53 mg	10.60 mg
Ash	0.01 g	0.02 g
Cholesterol	38.91 mg	116.72 mg
Lutein Zeaxanthin	52.44 µg	157.32 µg
Lycopene	339.25 µg	1017.76 µg
Water	0.00 g	0.00 g

Reviewed on 3 November 2026. Values per 100 g and per 300 g serving.