Bhuna Aloo

Roasted new potatoes simmered in a rich roasted shallot and tomato style bhuna sauce.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1080kJ 257kcal	13 g MED	0.9 g LOW	4.6 g LOW	1.3 g MED
13%	18%	5%	5%	22%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 360kJ / 86kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	360kJ	1080kJ
	86kcal	257kcal
Fat	4.2g	13g
of which saturates	0.3g	0.9g
Carbohydrate	11g	33g
of which sugars	1.5g	4.6g
Protein	1.8g	5.5g
Salt	0.45g	1.3g

Ingredients and allergens

Potato, Tomatoes, Water, Rapeseed Oil, Garlic, Coriander Leaves, Tomato Purée, Coriander Seeds, Salt, Green Chilli, Ground Coriander, Ground Cumin, Cumin Seeds, Curry Powder (**Mustard**), Garam Masala, Turmeric, Chilli Powder, Fenugreek Leaves, Bay Leaf, Cinnamon, Black Pepper, Cloves, Ginger.

CONTAINS **Mustard**

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

Recipe breakdown per 300 g serving

63.1%	189g	Potatoes, new and salad, flesh only, raw
20.6%	61.7g	Tomatoes, standard, raw
4.11%	12.3g	Water, tap, drinking
3.75%	11.2g	Oil, rapeseed
3.43%	10.3g	Garlic, raw
0.823%	2.47g	Coriander leaves, fresh
0.686%	2.06g	Tomato puree
0.411%	1.23g	Coriander seeds
0.411%	1.23g	Salt
0.411%	1.23g	Peppers, capsicum, chilli, green, raw
0.384%	1.15g	Ground Coriander
0.274%	0.823g	Ground Cumin
0.274%	0.823g	Cumin seeds
0.274%	0.823g	Curry powder
0.274%	0.823g	Garam masala
0.206%	0.617g	Turmeric, ground
0.206%	0.617g	Chilli powder
0.206%	0.617g	Fenugreek leaves, raw
0.123%	0.37g	Bay leaf, dried
0.066%	0.197g	Cinnamon, ground
0.014%	0.041g	Pepper, black
0.014%	0.041g	Cloves, dried
0.002%	0.007g	Ginger, fresh

Full nutrient profile

	PER 100G	PER 300G
Energy	359.98 kJ	1079.95 kJ
Energy	85.65 kcal	256.96 kcal
Fat	4.24 g	12.72 g
of which saturates	0.31 g	0.93 g
Monounsaturated Fats	2.42 g	7.27 g
Polyunsaturated Fats	1.20 g	3.60 g
Trans Fatty Acids	trace	trace
Carbohydrate	11.14 g	33.42 g
of which sugars	1.54 g	4.61 g
of which starch	8.95 g	26.84 g
Fibre	1.91 g	5.73 g
Protein	1.84 g	5.51 g
Salt	0.45 g	1.34 g
Sodium	176.20 mg	528.59 mg
Vitamin A IU	96.33 IU	288.99 IU
Vitamin A RAE	28.90 µg	86.70 µg
Carotene	175.66 µg	526.99 µg
Alpha Carotene	0.30 µg	0.89 µg
Beta Carotene	124.78 µg	374.34 µg
Retinol	0.00 µg	0.00 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.12 mg	0.37 mg
Riboflavin	0.03 mg	0.08 mg
Niacin	0.98 mg	2.95 mg
Pantothenic Acid	0.38 mg	1.15 mg
Vitamin B6	0.14 mg	0.41 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 300G
Folate	21.81 µg	65.44 µg
Vitamin B12	0.00 µg	0.00 µg
Vitamin C	10.84 mg	32.51 mg
Vitamin D IU	0.00 IU	0.00 IU
Vitamin D MCG	0.00 µg	0.00 µg
Vitamin E	1.04 mg	3.13 mg
Biotin	0.52 µg	1.56 µg
Vitamin K	8.28 µg	24.83 µg
Calcium	24.90 mg	74.69 mg
Chloride	356.05 mg	1068.16 mg
Choline	0.00 µg	0.00 µg
Copper	0.10 mg	0.29 mg
Iodine	0.70 µg	2.09 µg
Iron	1.13 mg	3.40 mg
Magnesium	19.73 mg	59.20 mg
Manganese	0.21 mg	0.62 mg
Nitrogen	0.30 g	0.90 g
Phosphorus	42.49 mg	127.47 mg
Potassium	322.29 mg	966.88 mg
Selenium	0.19 µg	0.56 µg
Tryptophan/60	0.35 mg	1.05 mg
Zinc	0.30 mg	0.89 mg
Ash	0.00 g	0.00 g
Cholesterol	0.00 mg	0.00 mg
Lutein Zeaxanthin	28.41 µg	85.22 µg
Lycopene	144.34 µg	433.03 µg
Water	79.29 g	237.87 g

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