# Dhaba Gosht

Spicy North Indian mutton curry. Mutton on the bone simmered with caramelised onions, roasted tomato and Kashmiri chilli 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 |
|---|---|---|---|---|
| 1606kJ 383kcal | 20 g MED | 5.5 g MED | 7.4 g LOW | 1.5 g MED |
| 19% | 29% | 28% | 8% | 26% |

**of an adult's reference intake**

Typical values (as sold) per 100g: Energy 535kJ / 128kcal

BACK OF PACK (UK)

| Typical values | per 100g | per 300g serving |
|---|---|---|
| Energy | 535kJ | 1606kJ |
| | 128kcal | 383kcal |
| Fat | 6.7g | 20g |
| of which saturates | 1.8g | 5.5g |
| Carbohydrate | 3.5g | 11g |
| of which sugars | 2.5g | 7.4g |
| Protein | 14g | 41g |
| Salt | 0.51g | 1.5g |

## Ingredients and allergens

Lamb, Onion, Tomatoes, Rapeseed Oil, Ginger, Garlic, Tomato Purée, Coriander Leaves, Salt, Ground Coriander, Red Chilli, Turmeric, Ground Cumin, Garam Masala, Cardamom, Cinnamon, Ground Cloves, Black Pepper, Bay Leaf, Nutmeg, Water.

CONTAINS No allergens declared in this recipe

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

## Recipe breakdown per 300 g serving

| | | |
|---|---|---|
| 43.5% | 131g | Lamb, leg, whole, roasted, lean only |
| 27.9% | 83.6g | Onions, raw |
| 17.4% | 52.2g | Tomatoes, standard, raw |
| 2.7% | 8.1g | Garlic, raw |
| 2.38% | 7.14g | Oil, rapeseed |
| 2.18% | 6.53g | Ginger, fresh |
| 1.74% | 5.22g | Tomato puree |
| 0.696% | 2.09g | Coriander leaves, fresh |
| 0.435% | 1.31g | Salt |
| 0.261% | 0.783g | Ground Coriander |
| 0.209% | 0.627g | Peppers, capsicum, chilli, red, raw |
| 0.174% | 0.522g | Turmeric, ground |
| 0.174% | 0.522g | Ground Cumin |
| 0.174% | 0.522g | Garam masala |
| 0.017% | 0.052g | Cardamom, ground |
| 0.017% | 0.052g | Cinnamon, ground |
| 0.017% | 0.052g | Cloves, dried, ground |
| 0.017% | 0.052g | Pepper, black |
| 0.017% | 0.052g | Bay leaf, dried |
| 0.009% | 0.026g | Nutmeg, ground |
| 0.003% | 0.01g | Water, tap, municipal |

## Full nutrient profile

| | PER 100G | PER 300G |
|---|---|---|
| Energy | 535.48 kJ | 1606.43 kJ |
| Energy | 127.58 kcal | 382.74 kcal |
| Fat | 6.68 g | 20.04 g |
| of which saturates | 1.84 g | 5.51 g |
| Monounsaturated Fats | 3.17 g | 9.51 g |
| Polyunsaturated Fats | 1.02 g | 3.07 g |
| Trans Fatty Acids | 0.30 g | 0.91 g |
| Carbohydrate | 3.52 g | 10.56 g |
| of which sugars | 2.45 g | 7.35 g |
| of which starch | 0.49 g | 1.47 g |
| Fibre | 1.06 g | 3.17 g |
| Protein | 13.75 g | 41.24 g |
| Salt | 0.51 g | 1.54 g |
| Sodium | 201.86 mg | 605.58 mg |
| Vitamin A IU | 73.65 IU | 220.96 IU |
| Vitamin A RAE | 22.10 µg | 66.29 µg |
| Carotene | 133.58 µg | 400.74 µg |
| Alpha Carotene | 0.25 µg | 0.75 µg |
| Beta Carotene | 114.38 µg | 343.13 µg |
| Retinol | trace | trace |
| Beta Cryptoxanthin | 0.00 µg | 0.00 µg |
| Thiamin | 0.11 mg | 0.34 mg |
| Riboflavin | 0.14 mg | 0.42 mg |
| Niacin | 5.69 mg | 17.07 mg |
| Pantothenic Acid | 0.73 mg | 2.18 mg |
| Vitamin B6 | 0.21 mg | 0.62 mg |
| Dietary Folate Equivalents | 0.00 µg | 0.00 µg |
| Food Folate | 0.00 µg | 0.00 µg |

| | PER 100G | PER 300G |
|---|---|---|
| Folate | 9.48 µg | 28.45 µg |
| Vitamin B12 | 0.87 µg | 2.61 µg |
| Vitamin C | 6.64 mg | 19.92 mg |
| Vitamin D IU | 12.19 IU | 36.56 IU |
| Vitamin D MCG | 0.30 µg | 0.91 µg |
| Vitamin E | 0.83 mg | 2.48 mg |
| Biotin | 1.94 µg | 5.81 µg |
| Vitamin K | 5.92 µg | 17.75 µg |
| Calcium | 20.58 mg | 61.73 mg |
| Chloride | 326.66 mg | 979.98 mg |
| Choline | 0.00 µg | 0.00 µg |
| Copper | 0.09 mg | 0.27 mg |
| Iodine | 2.48 µg | 7.45 µg |
| Iron | 1.31 mg | 3.94 mg |
| Magnesium | 20.67 mg | 62.00 mg |
| Manganese | 0.12 mg | 0.37 mg |
| Nitrogen | 2.20 g | 6.60 g |
| Phosphorus | 116.61 mg | 349.82 mg |
| Potassium | 300.64 mg | 901.91 mg |
| Selenium | 1.81 µg | 5.44 µg |
| Tryptophan/60 | 2.69 mg | 8.07 mg |
| Zinc | 2.13 mg | 6.39 mg |
| Ash | 0.00 g | 0.00 g |
| Cholesterol | 43.52 mg | 130.56 mg |
| Lutein Zeaxanthin | 34.52 µg | 103.56 µg |
| Lycopene | 189.96 µg | 569.88 µg |
| Water | 73.24 g | 219.71 g |

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