Gosht Sagwala

Punjabi style sagwala, beef cheek braised overnight with spinach and fenugreek then tempered in garlic.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1443kJ 345kcal	19 g MED	3.0 g LOW	6.7 g LOW	1.7 g MED
17%	26%	15%	7%	28%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 481kJ / 115kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	481kJ	1443kJ
	115kcal	345kcal
Fat	6.2g	19g
of which saturates	1.0g	3.0g
Carbohydrate	3.6g	11g
of which sugars	2.2g	6.7g
Protein	14g	41g
Salt	0.56g	1.7g

Ingredients and allergens

Beef, Onion, Spinach, Tomatoes, Beef Stock (Water, Beef Bones), Garlic, Rapeseed Oil, Cumin Seeds, Fenugreek Leaves, Green Chilli, Ginger, Chilli Powder, Ground Coriander, Garam Masala, Salt, Cardamom, Ground Cumin, Dried Red Chillies, Turmeric, Black Pepper, Bay Leaf, Cinnamon.

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

35.4%	106g	Beef, stewing steak, raw, lean
15.9%	47.8g	Onions, raw
13.3%	39.9g	Spinach, frozen, chopped or leaf, unprepared
8.86%	26.6g	Tomatoes, canned, whole contents
8.86%	26.6g	Spinach, canned, no salt added, solids and liquids
4.43%	13.3g	Beef stock
2.66%	7.97g	Garlic, raw
2.42%	7.26g	Oil, rapeseed
1.77%	5.31g	Cumin seeds
1.77%	5.31g	Fenugreek leaves, raw
1.33%	3.99g	Peppers, capsicum, chilli, green, raw
0.886%	2.66g	Ginger, fresh
0.886%	2.66g	Chilli powder
0.266%	0.797g	Ground Coriander
0.248%	0.744g	Garam masala
0.177%	0.531g	Salt
0.177%	0.531g	Cardamom, ground
0.159%	0.478g	Ground Cumin
0.133%	0.399g	Crushed Red Chillies, Dried
0.124%	0.372g	Turmeric, ground
0.089%	0.266g	Pepper, black
0.089%	0.266g	Bay leaf, dried
0.027%	0.08g	Cinnamon, ground

Full nutrient profile

	PER 100G	PER 300G
Energy	481.00 kJ	1443.00 kJ
Energy	114.85 kcal	344.56 kcal
Fat	6.17 g	18.50 g
of which saturates	1.01 g	3.02 g
Monounsaturated Fats	3.20 g	9.61 g
Polyunsaturated Fats	1.35 g	4.05 g
Trans Fatty Acids	0.05 g	0.15 g
Carbohydrate	3.61 g	10.83 g
of which sugars	2.22 g	6.65 g
of which starch	0.56 g	1.67 g
Fibre	2.32 g	6.97 g
Protein	13.64 g	40.91 g
Salt	0.56 g	1.68 g
Sodium	220.57 mg	661.70 mg
Vitamin A IU	3392.61 IU	10177.83 IU
Vitamin A RAE	224.94 µg	674.83 µg
Carotene	417.16 µg	1251.47 µg
Alpha Carotene	0.00 µg	0.00 µg
Beta Carotene	2038.58 µg	6115.73 µg
Retinol	trace	trace
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.13 mg	0.38 mg
Riboflavin	0.23 mg	0.70 mg
Niacin	4.82 mg	14.46 mg
Pantothenic Acid	0.38 mg	1.13 mg
Vitamin B6	0.35 mg	1.06 mg
Dietary Folate Equivalents	33.53 µg	100.59 µg
Food Folate	33.54 µg	100.62 µg

	PER 100G	PER 300G
Folate	41.14 µg	123.42 µg
Vitamin B12	0.97 µg	2.91 µg
Vitamin C	9.96 mg	29.88 mg
Vitamin D IU	15.52 IU	46.57 IU
Vitamin D MCG	0.39 µg	1.16 µg
Vitamin E	1.87 mg	5.62 mg
Biotin	0.87 µg	2.62 µg
Vitamin K	120.13 µg	360.38 µg
Calcium	85.45 mg	256.34 mg
Chloride	279.27 mg	837.80 mg
Choline	6.15 µg	18.46 µg
Copper	0.14 mg	0.43 mg
Iodine	6.84 µg	20.51 µg
Iron	4.52 mg	13.55 mg
Magnesium	52.71 mg	158.14 mg
Manganese	0.44 mg	1.31 mg
Nitrogen	2.02 g	6.05 g
Phosphorus	144.24 mg	432.72 mg
Potassium	458.14 mg	1374.43 mg
Selenium	4.79 µg	14.37 µg
Tryptophan/60	2.34 mg	7.03 mg
Zinc	3.24 mg	9.71 mg
Ash	0.48 g	1.45 g
Cholesterol	32.50 mg	97.50 mg
Lutein Zeaxanthin	3380.20 µg	10140.61 µg
Lycopene	175.96 µg	527.88 µg
Water	0.00 g	0.00 g

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