Hyderabadi Keema Mattar

Minced mutton and peas cooked with mint, coriander and roasted chilli sauce, a truly traditional Hyderabadi gem.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1469kJ 351kcal	19 g MED	5.9 g MED	6.6 g LOW	1.7 g MED
17%	27%	30%	7%	28%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 490kJ / 117kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	490kJ	1469kJ
	117kcal	351kcal
Fat	6.3g	19g
of which saturates	2.0g	5.9g
Carbohydrate	3.4g	10g
of which sugars	2.2g	6.6g
Protein	12g	37g
Salt	0.57g	1.7g

Ingredients and allergens

Lamb, Onion, Tomatoes, Mutton, Peas, Ginger, Rapeseed Oil, Garlic, Coriander Leaves, Tomato Purée, Chilli Powder, Salt, Ground Coriander, Garam Masala, Green Chilli, Turmeric, Ground Cumin, Fenugreek Leaves, Black Pepper, Mint, Cinnamon, Bay Leaf.

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

31.9%	95.7g	Lamb, lean only, raw, average
18.2%	54.7g	Onions, raw
18.2%	54.7g	Tomatoes, red, ripe, raw, year round average
13.7%	41g	Mutton, cooked, roasted (Navajo)
7.29%	21.9g	Peas, frozen, boiled in unsalted water
2.28%	6.84g	Ginger, fresh
1.82%	5.47g	Oil, rapeseed
1.82%	5.47g	Garlic, raw
1.37%	4.1g	Coriander leaves, fresh
0.912%	2.73g	Tomato puree
0.456%	1.37g	Chilli powder
0.41%	1.23g	Salt
0.365%	1.09g	Ground Coriander
0.319%	0.957g	Garam masala
0.273%	0.82g	Peppers, capsicum, chilli, green, raw
0.228%	0.684g	Turmeric, ground
0.182%	0.547g	Ground Cumin
0.091%	0.273g	Fenugreek leaves, raw
0.055%	0.164g	Pepper, black
0.046%	0.137g	Mint, dried
0.018%	0.055g	Cinnamon, ground
0.018%	0.055g	Bay leaf, dried

Full nutrient profile

	PER 100G	PER 300G
Energy	489.56 kJ	1468.69 kJ
Energy	117.10 kcal	351.29 kcal
Fat	6.27 g	18.81 g
of which saturates	1.97 g	5.92 g
Monounsaturated Fats	2.77 g	8.32 g
Polyunsaturated Fats	0.92 g	2.76 g
Trans Fatty Acids	0.19 g	0.57 g
Carbohydrate	3.42 g	10.26 g
of which sugars	2.19 g	6.56 g
of which starch	0.73 g	2.19 g
Fibre	1.40 g	4.21 g
Protein	12.25 g	36.75 g
Salt	0.57 g	1.71 g
Sodium	224.36 mg	673.09 mg
Vitamin A IU	260.65 IU	781.95 IU
Vitamin A RAE	40.29 µg	120.88 µg
Carotene	185.35 µg	556.05 µg
Alpha Carotene	18.91 µg	56.72 µg
Beta Carotene	156.95 µg	470.86 µg
Retinol	1.91 µg	5.74 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.11 mg	0.33 mg
Riboflavin	0.13 mg	0.39 mg
Niacin	4.40 mg	13.19 mg
Pantothenic Acid	0.46 mg	1.39 mg
Vitamin B6	0.21 mg	0.63 mg
Dietary Folate Equivalents	2.73 µg	8.20 µg
Food Folate	2.73 µg	8.20 µg

	PER 100G	PER 300G
Folate	10.68 µg	32.03 µg
Vitamin B12	1.25 µg	3.74 µg
Vitamin C	5.52 mg	16.56 mg
Vitamin D IU	5.10 IU	15.31 IU
Vitamin D MCG	0.13 µg	0.38 µg
Vitamin E	0.79 mg	2.37 mg
Biotin	0.91 µg	2.72 µg
Vitamin K	8.31 µg	24.93 µg
Calcium	27.17 mg	81.50 mg
Chloride	315.08 mg	945.24 mg
Choline	14.98 µg	44.93 µg
Copper	0.09 mg	0.28 mg
Iodine	2.66 µg	7.98 µg
Iron	1.88 mg	5.63 mg
Magnesium	23.60 mg	70.81 mg
Manganese	0.16 mg	0.48 mg
Nitrogen	1.20 g	3.61 g
Phosphorus	124.60 mg	373.79 mg
Potassium	311.80 mg	935.39 mg
Selenium	6.52 µg	19.56 µg
Tryptophan/60	1.41 mg	4.22 mg
Zinc	2.08 mg	6.23 mg
Ash	0.28 g	0.85 g
Cholesterol	38.51 mg	115.54 mg
Lutein Zeaxanthin	30.66 µg	91.97 µg
Lycopene	522.35 µg	1567.06 µg
Water	74.34 g	223.03 g

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