Hyderabadi Vegetable Biryani

Mixed spiced vegetables of potato, cauliflower and tomato with aged basmati in an aromatic spice mix with rose and screw pine essence.

SERVING SIZE	PACK SIZE	SERVINGS PER PACK
290 g	**580 g**	**2**

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1403kJ 333kcal	13 g MED	4.8 g MED	5.2 g LOW	1.2 g MED
17%	18%	24%	6%	19%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 484kJ / 115kcal

BACK OF PACK (UK)

Typical values	per 100g	per 290g serving
Energy	484kJ	1403kJ
	115kcal	333kcal
Fat	4.3g	13g
of which saturates	1.7g	4.8g
Carbohydrate	17g	49g
of which sugars	1.8g	5.2g
Protein	2.9g	8.3g
Salt	0.40g	1.2g

Ingredients and allergens

Signature Pilao (Water, Basmati Rice, Onion, Tomatoes, Coriander Leaves, Rapeseed Oil, Mint, Garlic, Ginger, Salt, Cumin Seeds, Garam Masala, Chilli Powder, Star Anise, Cardamom, Cinnamon, Black Pepper, Bay Leaf, Cloves, Mace), Mixed Vegetables, Potato, Onion, Cauliflower, Tomatoes, Butter Ghee (**Milk**), Cream (**Milk**), Mint, Garlic, Yogurt (**Milk**), Coriander Leaves, Ginger, Biryani Masala, Rapeseed Oil, Ground Cumin, Anise Seeds, Cardamom, Cinnamon, Cloves, Mace, Garam Masala, Salt, Ground Coriander, Green Chilli.

CONTAINS **Milk**

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

Recipe breakdown per 290 g serving

43.1%	125g	Signature Pilao
19%	55g	Vegetables, mixed, frozen, boiled in unsalted water
8.62%	25g	Potatoes, old, boiled in unsalted water, flesh only
7.45%	21.6g	Onions, raw
6.89%	20g	Cauliflower, boiled in unsalted water
4.4%	12.8g	Tomatoes, standard, raw
1.72%	5g	Ghee, butter
1.38%	4g	Cream, fresh, double, including Jersey cream
1.06%	3.07g	Mint, fresh
0.965%	2.8g	Garlic, raw
0.896%	2.6g	Yogurt, whole milk, plain
0.896%	2.6g	Coriander leaves, fresh
0.862%	2.5g	Ginger, fresh
0.724%	2.1g	Biryani massala
0.517%	1.5g	Oil, rapeseed
0.212%	0.615g	Ground Cumin
0.172%	0.5g	Anise seeds
0.172%	0.5g	Cardamom, ground
0.172%	0.5g	Cinnamon, ground
0.172%	0.5g	Cloves, dried
0.172%	0.5g	Mace, ground
0.145%	0.42g	Garam masala
0.129%	0.375g	Salt
0.124%	0.36g	Ground Coriander
0.097%	0.28g	Peppers, capsicum, chilli, green, raw

Full nutrient profile

	PER 100G	PER 290G
Energy	483.62 kJ	1402.96 kJ
Energy	114.71 kcal	332.76 kcal
Fat	4.34 g	12.59 g
of which saturates	1.65 g	4.79 g
Monounsaturated Fats	1.55 g	4.51 g
Polyunsaturated Fats	0.61 g	1.76 g
Trans Fatty Acids	0.06 g	0.18 g
Carbohydrate	17.05 g	49.47 g
of which sugars	1.78 g	5.16 g
of which starch	14.18 g	41.13 g
Fibre	1.00 g	2.89 g
Protein	2.85 g	8.26 g
Salt	0.40 g	1.17 g
Sodium	158.61 mg	460.12 mg
Vitamin A IU	462.19 IU	1340.78 IU
Vitamin A RAE	138.66 µg	402.23 µg
Carotene	672.00 µg	1949.44 µg
Alpha Carotene	134.56 µg	390.36 µg
Beta Carotene	566.33 µg	1642.91 µg
Retinol	26.88 µg	77.99 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.09 mg	0.27 mg
Riboflavin	0.04 mg	0.12 mg
Niacin	1.12 mg	3.24 mg
Pantothenic Acid	0.18 mg	0.53 mg
Vitamin B6	0.08 mg	0.23 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 290G
Folate	22.98 µg	66.66 µg
Vitamin B12	0.01 µg	0.03 µg
Vitamin C	8.53 mg	24.74 mg
Vitamin D IU	0.92 IU	2.68 IU
Vitamin D MCG	0.02 µg	0.07 µg
Vitamin E	0.65 mg	1.88 mg
Biotin	0.50 µg	1.44 µg
Vitamin K	11.78 µg	34.17 µg
Calcium	33.84 mg	98.16 mg
Chloride	265.78 mg	771.03 mg
Choline	0.00 µg	0.00 µg
Copper	0.09 mg	0.26 mg
Iodine	2.40 µg	6.96 µg
Iron	1.42 mg	4.13 mg
Magnesium	16.19 mg	46.96 mg
Manganese	0.34 mg	0.98 mg
Nitrogen	0.47 g	1.35 g
Phosphorus	48.48 mg	140.64 mg
Potassium	163.38 mg	473.95 mg
Selenium	2.71 µg	7.86 µg
Tryptophan/60	0.58 mg	1.70 mg
Zinc	0.44 mg	1.29 mg
Ash	0.00 g	0.00 g
Cholesterol	6.23 mg	18.07 mg
Lutein Zeaxanthin	8.10 µg	23.49 µg
Lycopene	30.37 µg	88.10 µg
Water	71.45 g	207.27 g

Reviewed on 3 November 2026. Values per 100 g and per 290 g serving.