Lamb Bhuna Banjara

Smoked bhuna from Rajasthan, lamb in a rich caramelised shallot sauce spiced with mathania chilli, peppercorns and bay leaf.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1341kJ 321kcal	19 g MED	5.6 g MED	6.7 g LOW	1.5 g MED
16%	27%	28%	7%	25%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 447kJ / 107kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	447kJ	1341kJ
	107kcal	321kcal
Fat	6.4g	19g
of which saturates	1.9g	5.6g
Carbohydrate	3.2g	9.5g
of which sugars	2.2g	6.7g
Protein	10g	30g
Salt	0.50g	1.5g

Ingredients and allergens

Lamb, Onion, Tomatoes, Cabbage, Garlic, Rapeseed Oil, Water, Ginger, Tomato Purée, Coriander Leaves, Chilli Powder, Ground Coriander, Salt, Garam Masala, Curry Powder (**Mustard**), Butter (**Milk**), Ground Cumin, Turmeric, Black Pepper, Cardamom, Coriander Seeds, Cloves, Fennel Seeds, Cumin Seeds, Nutmeg, Dried Red Chillies, Bay Leaf, Star Anise.

CONTAINS **Milk**, **Mustard**

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

Recipe breakdown per 300 g serving

44.7%	134g	Lamb, lean only, raw, average
20.1%	60.3g	Onions, raw
13.4%	40.2g	Tomatoes, standard, raw
6.71%	20.1g	Cabbage, white, raw
2.79%	8.38g	Garlic, raw
2.24%	6.71g	Oil, rapeseed
2.24%	6.71g	Water, tap, drinking
1.68%	5.03g	Ginger, fresh
1.68%	5.03g	Tomato puree
1.68%	5.03g	Coriander leaves, fresh
0.671%	2.01g	Chilli powder
0.447%	1.34g	Ground Coriander
0.335%	1.01g	Salt
0.224%	0.671g	Garam masala
0.224%	0.671g	Curry powder
0.224%	0.671g	Butter, salted
0.168%	0.503g	Ground Cumin
0.168%	0.503g	Turmeric, ground
0.078%	0.235g	Cloves, dried
0.045%	0.134g	Pepper, black
0.045%	0.134g	Cardamom, ground
0.045%	0.134g	Coriander seeds
0.034%	0.101g	Fennel seeds
0.022%	0.067g	Cumin seeds
0.011%	0.034g	Nutmeg, ground
0.011%	0.034g	Crushed Red Chillies, Dried
0.011%	0.034g	Bay leaf, dried
0.011%	0.034g	Star Anise

Full nutrient profile

	PER 100G	PER 300G
Energy	446.96 kJ	1340.87 kJ
Energy	107.02 kcal	321.06 kcal
Fat	6.39 g	19.18 g
of which saturates	1.86 g	5.57 g
Monounsaturated Fats	2.87 g	8.62 g
Polyunsaturated Fats	0.99 g	2.96 g
Trans Fatty Acids	0.27 g	0.82 g
Carbohydrate	3.18 g	9.53 g
of which sugars	2.22 g	6.67 g
of which starch	0.48 g	1.43 g
Fibre	1.37 g	4.12 g
Protein	10.01 g	30.04 g
Salt	0.50 g	1.50 g
Sodium	196.84 mg	590.53 mg
Vitamin A IU	168.50 IU	505.51 IU
Vitamin A RAE	49.66 µg	148.99 µg
Carotene	270.04 µg	810.12 µg
Alpha Carotene	0.60 µg	1.81 µg
Beta Carotene	140.05 µg	420.15 µg
Retinol	4.82 µg	14.47 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.11 mg	0.33 mg
Riboflavin	0.11 mg	0.34 mg
Niacin	4.59 mg	13.76 mg
Pantothenic Acid	0.49 mg	1.48 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	15.96 µg	47.88 µg
Vitamin B12	0.89 µg	2.68 µg
Vitamin C	8.46 mg	25.38 mg
Vitamin D IU	7.23 IU	21.70 IU
Vitamin D MCG	0.18 µg	0.54 µg
Vitamin E	0.81 mg	2.42 mg
Biotin	1.40 µg	4.19 µg
Vitamin K	13.35 µg	40.06 µg
Calcium	31.12 mg	93.36 mg
Chloride	313.03 mg	939.09 mg
Choline	0.00 µg	0.00 µg
Copper	0.09 mg	0.27 mg
Iodine	3.80 µg	11.41 µg
Iron	1.49 mg	4.46 mg
Magnesium	21.95 mg	65.86 mg
Manganese	0.16 mg	0.47 mg
Nitrogen	1.60 g	4.80 g
Phosphorus	109.38 mg	328.13 mg
Potassium	311.91 mg	935.74 mg
Selenium	1.94 µg	5.83 µg
Tryptophan/60	1.89 mg	5.68 mg
Zinc	1.66 mg	4.99 mg
Ash	0.00 g	0.00 g
Cholesterol	33.56 mg	100.67 mg
Lutein Zeaxanthin	29.62 µg	88.86 µg
Lycopene	165.93 µg	497.78 µg
Water	76.55 g	229.64 g

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