Nalli Nihari

Mughlai slow-cooked, rich and flavourful lamb shank curry. Made with a blend of aromatic spices and bone marrow to create a uniquely rich and flavoursome gravy.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1550kJ 370kcal	19 g MED	5.1 g MED	5.0 g LOW	1.7 g MED
18%	27%	25%	6%	28%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 517kJ / 123kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	517kJ	1550kJ
	123kcal	370kcal
Fat	6.3g	19g
of which saturates	1.7g	5.1g
Carbohydrate	2.8g	8.4g
of which sugars	1.7g	5.0g
Protein	15g	44g
Salt	0.56g	1.7g

Ingredients and allergens

Lamb, Onion, Water, Garlic, Rapeseed Oil, Nihari Masala (**Soya**), Ground Coriander, Chilli Powder, Salt, Turmeric, Corn Flour, Ground Black Pepper, Ground Cumin, Cinnamon, Anise Seeds, Cardamom, Cloves, Bay Leaf, Tomatoes.

CONTAINS **Soya**

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

Recipe breakdown per 300 g serving

36.3%	109g	Water, tap, municipal
36.3%	109g	Lamb, leg joint, roasted, lean
21.8%	65.3g	Onions, raw
1.45%	4.36g	Garlic, raw
1.32%	3.97g	Oil, rapeseed
0.726%	2.18g	Nihari Masala
0.605%	1.81g	Ground Coriander
0.423%	1.27g	Chilli powder
0.302%	0.907g	Salt
0.242%	0.726g	Turmeric, ground
0.242%	0.726g	Flour, corn
0.181%	0.544g	Black Pepper Coarse Ground
0.042%	0.127g	Ground Cumin
0.024%	0.073g	Cinnamon, ground
0.018%	0.054g	Anise seeds
0.012%	0.036g	Cardamom, ground
0.012%	0.036g	Cloves, dried
0.012%	0.036g	Bay leaf, dried
0.006%	0.018g	Tomatoes, canned, whole contents

Full nutrient profile

	PER 100G	PER 300G
Energy	516.52 kJ	1549.56 kJ
Energy	123.42 kcal	370.25 kcal
Fat	6.31 g	18.94 g
of which saturates	1.69 g	5.06 g
Monounsaturated Fats	2.92 g	8.76 g
Polyunsaturated Fats	0.86 g	2.58 g
Trans Fatty Acids	0.36 g	1.09 g
Carbohydrate	2.81 g	8.44 g
of which sugars	1.67 g	5.02 g
of which starch	0.50 g	1.49 g
Fibre	0.93 g	2.79 g
Protein	14.63 g	43.88 g
Salt	0.56 g	1.69 g
Sodium	221.86 mg	665.59 mg
Vitamin A IU	54.55 IU	163.64 IU
Vitamin A RAE	16.36 µg	49.09 µg
Carotene	98.29 µg	294.87 µg
Alpha Carotene	0.00 µg	0.00 µg
Beta Carotene	0.06 µg	0.17 µg
Retinol	trace	trace
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.10 mg	0.31 mg
Riboflavin	0.13 mg	0.40 mg
Niacin	5.94 mg	17.82 mg
Pantothenic Acid	0.70 mg	2.09 mg
Vitamin B6	0.19 mg	0.56 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 300G
Folate	5.96 µg	17.89 µg
Vitamin B12	1.36 µg	4.08 µg
Vitamin C	1.13 mg	3.40 mg
Vitamin D IU	10.89 IU	32.67 IU
Vitamin D MCG	0.27 µg	0.82 µg
Vitamin E	0.47 mg	1.42 mg
Biotin	1.18 µg	3.54 µg
Vitamin K	2.43 µg	7.29 µg
Calcium	23.90 mg	71.71 mg
Chloride	309.34 mg	928.01 mg
Choline	0.00 µg	0.00 µg
Copper	0.09 mg	0.26 mg
Iodine	3.49 µg	10.46 µg
Iron	1.53 mg	4.59 mg
Magnesium	19.81 mg	59.52 mg
Manganese	0.10 mg	0.30 mg
Nitrogen	2.34 g	7.02 g
Phosphorus	120.09 mg	360.26 mg
Potassium	250.41 mg	751.23 mg
Selenium	1.86 µg	5.58 µg
Tryptophan/60	3.02 mg	9.06 mg
Zinc	2.48 mg	7.45 mg
Ash	0.00 g	0.00 g
Cholesterol	49.91 mg	149.73 mg
Lutein Zeaxanthin	0.01 µg	0.04 µg
Lycopene	0.11 µg	0.33 µg
Water	0.00 g	0.00 g

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