Paneer Makhni

North Indian style tandoori paneer in a smooth aromatic buttery tomato sauce, finished with local honey and ground fenugreek.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
2443kJ 589kcal	46 g HIGH	24 g HIGH	10 g LOW	1.6 g MED
29%	66%	121%	11%	27%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 814kJ / 196kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	814kJ	2443kJ
	196kcal	589kcal
Fat	15g	46g
of which saturates	8.1g	24g
Carbohydrate	4.7g	14g
of which sugars	3.4g	10g
Protein	10g	30g
Salt	0.54g	1.6g

Ingredients and allergens

Paneer (**Milk**), Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Cream (**Milk**), Butter (**Milk**), Water, Green Peppers, Yellow Peppers, Red Peppers, Rapeseed Oil, Melon Seeds, Ginger, Garlic, Honey, Salt, Tomato Purée, Chilli Powder, Ground Coriander, Fenugreek Seeds, Ground Cumin, Cardamom, Garam Masala.

CONTAINS **Milk**

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

Recipe breakdown per 300 g serving

32.6%	97.9g	Cheese, Paneer
27.2%	81.6g	BB Catering Chopped Tomatoes in Tomato Juice
10.9%	32.6g	Onions, raw
7.25%	21.8g	Cream, dairy, UHT, half fat, canned spray
3.63%	10.9g	Butter, unsalted
2.72%	8.16g	Water, tap, drinking
2.41%	7.23g	Peppers, bell, green, raw
2.41%	7.23g	Peppers, bell, yellow, raw
2.41%	7.23g	Peppers, bell, red, raw
2.06%	6.19g	Oil, rapeseed
1.81%	5.44g	Melon seeds
1.13%	3.4g	Ginger, fresh
1.13%	3.4g	Garlic, raw
0.906%	2.72g	Honey
0.363%	1.09g	Salt
0.227%	0.68g	Tomato puree
0.181%	0.544g	Chilli powder
0.181%	0.544g	Ground Coriander
0.181%	0.544g	Fenugreek seeds
0.136%	0.408g	Cardamom, ground
0.091%	0.272g	Ground Cumin
0.068%	0.204g	Garam masala

Full nutrient profile

	PER 100G	PER 300G
Energy	814.33 kJ	2442.99 kJ
Energy	196.24 kcal	588.71 kcal
Fat	15.37 g	46.12 g
of which saturates	8.09 g	24.26 g
Monounsaturated Fats	4.81 g	14.43 g
Polyunsaturated Fats	1.67 g	5.00 g
Trans Fatty Acids	0.56 g	1.68 g
Carbohydrate	4.70 g	14.11 g
of which sugars	3.39 g	10.16 g
of which starch	0.22 g	0.65 g
Fibre	0.98 g	2.93 g
Protein	10.09 g	30.28 g
Salt	0.54 g	1.62 g
Sodium	212.33 mg	637.00 mg
Vitamin A IU	520.87 IU	1562.62 IU
Vitamin A RAE	141.71 µg	425.14 µg
Carotene	74.38 µg	223.13 µg
Alpha Carotene	trace	trace
Beta Carotene	75.21 µg	225.63 µg
Retinol	126.31 µg	378.93 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.05 mg	0.14 mg
Riboflavin	0.12 mg	0.36 mg
Niacin	3.33 mg	9.99 mg
Pantothenic Acid	0.10 mg	0.30 mg
Vitamin B6	0.08 mg	0.25 mg
Dietary Folate Equivalents	3.53 µg	10.60 µg
Food Folate	6.21 µg	18.64 µg

	PER 100G	PER 300G
Folate	17.50 µg	52.51 µg
Vitamin B12	0.02 µg	0.05 µg
Vitamin C	12.35 mg	37.05 mg
Vitamin D IU	1.31 IU	3.92 IU
Vitamin D MCG	0.03 µg	0.10 µg
Vitamin E	1.08 mg	3.24 mg
Biotin	0.25 µg	0.76 µg
Vitamin K	4.22 µg	12.67 µg
Calcium	200.73 mg	602.20 mg
Chloride	240.98 mg	722.93 mg
Choline	3.51 µg	10.52 µg
Copper	0.12 mg	0.35 mg
Iodine	2.59 µg	7.76 µg
Iron	0.89 mg	2.68 mg
Magnesium	27.76 mg	83.27 mg
Manganese	0.16 mg	0.47 mg
Nitrogen	1.52 g	4.56 g
Phosphorus	162.27 mg	486.80 mg
Potassium	177.88 mg	533.63 mg
Selenium	0.27 µg	0.81 µg
Tryptophan/60	2.79 mg	8.38 mg
Zinc	1.30 mg	3.91 mg
Ash	0.39 g	1.18 g
Cholesterol	11.06 mg	33.17 mg
Lutein Zeaxanthin	47.94 µg	143.83 µg
Lycopene	1401.59 µg	4204.78 µg
Water	66.56 g	199.69 g

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