Prawn Pathia

Jumbo prawn simmered in a hot Parsi sweet and sour western Indian curry flavoured with tamarind and citrus.

SERVING SIZE	PACK SIZE	SERVINGS PER PACK
250 g	**500 g**	**2**

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
789kJ 187kcal	3.5 g LOW	0.5 g LOW	2.7 g LOW	1.3 g MED
9%	5%	2%	3%	21%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 316kJ / 75kcal

BACK OF PACK (UK)

Typical values	per 100g	per 250g serving
Energy	316kJ	789kJ
	75kcal	187kcal
Fat	1.4g	3.5g
of which saturates	0.2g	0.5g
Carbohydrate	1.5g	3.8g
of which sugars	1.1g	2.7g
Protein	14g	35g
Salt	0.50g	1.3g

Ingredients and allergens

King Prawns (**Crustaceans**), Onion, Tomatoes, Jaggery, Lemon Juice (**Sulphites**), Garlic, Rapeseed Oil, Tomato Purée, Molasses, Ginger, Curry Leaves, Chilli Powder, Ground Coriander, Dried Red Chillies, Ground Cumin, Salt, Turmeric, Tamarind.

CONTAINS **Crustaceans**, **Sulphites**

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

Recipe breakdown per 250 g serving

78.5%	196g	Prawns, king, raw
9.89%	24.7g	Onions, raw
4.07%	10.2g	Tomatoes, standard, raw
2.44%	6.11g	Jaggery
1.28%	3.2g	Lemon juice, fresh
1.16%	2.91g	Garlic, raw
0.795%	1.99g	Oil, rapeseed
0.582%	1.45g	Tomato puree
0.436%	1.09g	Molasses
0.291%	0.727g	Ginger, fresh
0.174%	0.436g	Curry leaves, fresh
0.087%	0.218g	Chilli powder
0.073%	0.182g	Ground Coriander
0.058%	0.145g	Crushed Red Chillies, Dried
0.058%	0.145g	Ground Cumin
0.058%	0.145g	Salt
0.029%	0.073g	Turmeric, ground
0.002%	0.006g	Tamarind pulp, flesh only

Full nutrient profile

	PER 100G	PER 250G
Energy	315.64 kJ	789.10 kJ
Energy	74.90 kcal	187.25 kcal
Fat	1.41 g	3.53 g
of which saturates	0.19 g	0.48 g
Monounsaturated Fats	0.55 g	1.39 g
Polyunsaturated Fats	0.43 g	1.09 g
Trans Fatty Acids	trace	trace
Carbohydrate	1.51 g	3.78 g
of which sugars	1.09 g	2.73 g
of which starch	0.17 g	0.43 g
Fibre	0.39 g	0.97 g
Protein	14.12 g	35.29 g
Salt	0.50 g	1.25 g
Sodium	196.24 mg	490.61 mg
Vitamin A IU	44.86 IU	112.15 IU
Vitamin A RAE	8.84 µg	22.10 µg
Carotene	53.35 µg	133.37 µg
Alpha Carotene	trace	trace
Beta Carotene	23.21 µg	58.02 µg
Retinol	trace	trace
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.02 mg	0.05 mg
Riboflavin	0.05 mg	0.11 mg
Niacin	3.07 mg	7.67 mg
Pantothenic Acid	0.15 mg	0.37 mg
Vitamin B6	0.11 mg	0.28 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.01 µg

	PER 100G	PER 250G
Folate	11.33 µg	28.33 µg
Vitamin B12	1.02 µg	2.55 µg
Vitamin C	2.15 mg	5.37 mg
Vitamin D IU	trace	trace
Vitamin D MCG	trace	trace
Vitamin E	1.67 mg	4.19 mg
Biotin	3.26 µg	8.15 µg
Vitamin K	1.29 µg	3.23 µg
Calcium	42.22 mg	105.55 mg
Chloride	255.96 mg	639.90 mg
Choline	0.00 µg	0.00 µg
Copper	0.18 mg	0.45 mg
Iodine	4.27 µg	10.66 µg
Iron	0.73 mg	1.82 mg
Magnesium	26.10 mg	65.26 mg
Manganese	0.07 mg	0.17 mg
Nitrogen	2.26 g	5.65 g
Phosphorus	128.85 mg	322.13 mg
Potassium	150.82 mg	377.06 mg
Selenium	26.74 µg	66.85 µg
Tryptophan/60	2.89 mg	7.22 mg
Zinc	0.98 mg	2.46 mg
Ash	0.00 g	0.01 g
Cholesterol	117.77 mg	294.42 mg
Lutein Zeaxanthin	9.65 µg	24.12 µg
Lycopene	54.62 µg	136.54 µg
Water	79.79 g	199.48 g

Reviewed on 3 November 2026. Values per 100 g and per 250 g serving.