# Signature Pilao

Aged basmati cooked with aromats and fresh herbs.

| SERVING SIZE | PACK SIZE | SERVINGS PER PACK |
|---|---|---|
| **200 g** | **400 g** | **2** |

FRONT OF PACK (UK/EU)

**Per portion**

| ENERGY | FAT | SATURATES | SUGAR | SALT |
|---|---|---|---|---|
| 1286kJ 303kcal | 4.5 g LOW | 0.4 g LOW | 1.0 g LOW | 1.2 g MED |
| 15% | 6% | 2% | 1% | 20% |

**of an adult's reference intake**

Typical values (as sold) per 100g: Energy 643kJ / 152kcal

BACK OF PACK (UK)

| Typical values | per 100g | per 200g serving |
|---|---|---|
| Energy | 643kJ | 1286kJ |
| | 152kcal | 303kcal |
| Fat | 2.2g | 4.5g |
| of which saturates | 0.2g | 0.4g |
| Carbohydrate | 30g | 61g |
| of which sugars | <0.5g | 1.0g |
| Protein | 3.4g | 6.8g |
| Salt | 0.59g | 1.2g |

## Ingredients and allergens

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.

CONTAINS No allergens declared in this recipe

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

## Recipe breakdown per 200 g serving

| | | |
|---|---|---|
| 57.4% | 115g | Water, tap, drinking |
| 28.7% | 57.4g | Rice, white, basmati, raw |
| 3.59% | 7.18g | Onions, raw |
| 2.87% | 5.74g | Tomatoes, standard, raw |
| 2.87% | 5.74g | Coriander leaves, fresh |
| 1.44% | 2.87g | Oil, rapeseed |
| 1.15% | 2.3g | Mint, fresh |
| 0.431% | 0.861g | Garlic, raw |
| 0.431% | 0.861g | Ginger, fresh |
| 0.431% | 0.861g | Salt |
| 0.287% | 0.574g | Cumin seeds |
| 0.144% | 0.287g | Garam masala |
| 0.144% | 0.287g | Chilli powder |
| 0.026% | 0.052g | Star Anise |
| 0.026% | 0.052g | Cardamom, ground |
| 0.014% | 0.029g | Cinnamon, ground |
| 0.014% | 0.029g | Pepper, black |
| 0.014% | 0.029g | Bay leaf, dried |
| 0.006% | 0.011g | Cloves, dried |
| 0.004% | 0.009g | Mace, ground |

## Full nutrient profile

| | PER 100G | PER 200G |
|---|---|---|
| Energy | 642.96 kJ | 1285.92 kJ |
| Energy | 151.56 kcal | 303.12 kcal |
| Fat | 2.22 g | 4.45 g |
| of which saturates | 0.19 g | 0.38 g |
| Monounsaturated Fats | 1.21 g | 2.42 g |
| Polyunsaturated Fats | 0.64 g | 1.27 g |
| Trans Fatty Acids | trace | trace |
| Carbohydrate | 30.30 g | 60.60 g |
| of which sugars | 0.48 g | 0.97 g |
| of which starch | 28.25 g | 56.50 g |
| Fibre | 0.80 g | 1.60 g |
| Protein | 3.38 g | 6.76 g |
| Salt | 0.59 g | 1.18 g |
| Sodium | 232.03 mg | 464.05 mg |
| Vitamin A IU | 117.50 IU | 235.00 IU |
| Vitamin A RAE | 35.25 µg | 70.50 µg |
| Carotene | 211.43 µg | 422.87 µg |
| Alpha Carotene | 1.33 µg | 2.67 µg |
| Beta Carotene | 158.46 µg | 316.91 µg |
| Retinol | 0.00 µg | 0.00 µg |
| Beta Cryptoxanthin | 0.00 µg | 0.00 µg |
| Thiamin | 0.06 mg | 0.13 mg |
| Riboflavin | 0.01 mg | 0.03 mg |
| Niacin | 1.35 mg | 2.70 mg |
| Pantothenic Acid | 0.19 mg | 0.38 mg |
| Vitamin B6 | 0.06 mg | 0.12 mg |
| Dietary Folate Equivalents | 0.00 µg | 0.00 µg |
| Food Folate | 0.00 µg | 0.00 µg |

| | PER 100G | PER 200G |
|---|---|---|
| Folate | 9.91 µg | 19.82 µg |
| Vitamin B12 | 0.00 µg | 0.00 µg |
| Vitamin C | 2.57 mg | 5.13 mg |
| Vitamin D IU | 0.00 IU | 0.00 IU |
| Vitamin D MCG | 0.00 µg | 0.00 µg |
| Vitamin E | 0.65 mg | 1.30 mg |
| Biotin | 0.51 µg | 1.01 µg |
| Vitamin K | 14.03 µg | 28.06 µg |
| Calcium | 19.44 mg | 38.89 mg |
| Chloride | 374.26 mg | 748.52 mg |
| Choline | 0.00 µg | 0.00 µg |
| Copper | 0.12 mg | 0.25 mg |
| Iodine | 0.43 µg | 0.86 µg |
| Iron | 1.27 mg | 2.54 mg |
| Magnesium | 12.61 mg | 25.23 mg |
| Manganese | 0.36 mg | 0.72 mg |
| Nitrogen | 0.56 g | 1.13 g |
| Phosphorus | 46.55 mg | 93.10 mg |
| Potassium | 86.34 mg | 172.69 mg |
| Selenium | 5.94 µg | 11.87 µg |
| Tryptophan/60 | 0.82 mg | 1.64 mg |
| Zinc | 0.59 mg | 1.18 mg |
| Ash | 0.00 g | 0.00 g |
| Cholesterol | 0.00 mg | 0.00 mg |
| Lutein Zeaxanthin | 4.00 µg | 8.00 µg |
| Lycopene | 18.77 µg | 37.54 µg |
| Water | 0.00 g | 0.00 g |

Reviewed on 3 November 2026. Values per 100 g and per 200 g serving.