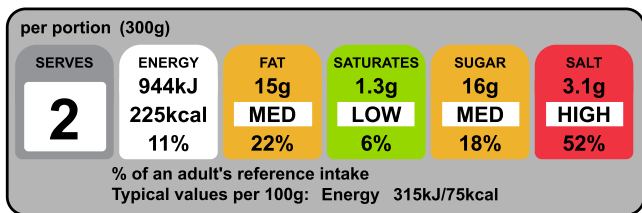


Chennai Brinjal Massala - Madras style baby aubergine and cauliflower curry, roasted aubergine and cauliflower simmered in tempered cocnut milk with tomato and tamarind

Serving Size

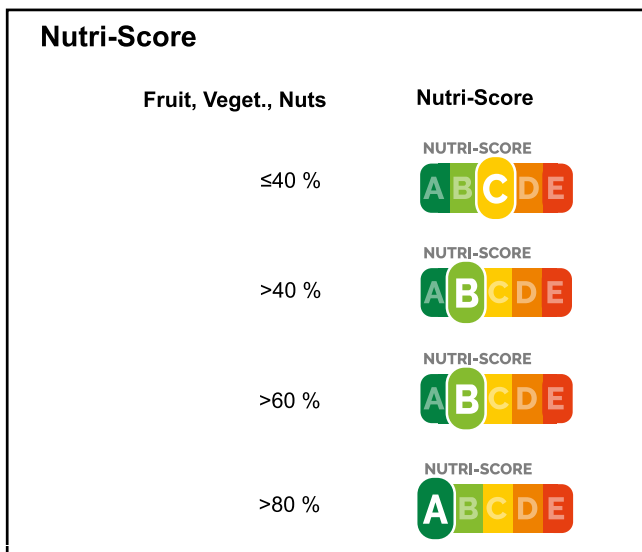
Serving size	300g
Pack Size	
Pack size	600.0g
Number of servings	2

Graphics



Typical values	per 100g	per 300g serving
Energy	315kJ 75kcal	944kJ 225kcal
Fat	5.0g	15g
of which saturates	0.4g	1.3g
Carbohydrate	6.4g	19g
of which sugars	5.3g	16g
Protein	1.6g	4.9g
Salt	1.0g	3.1g

Nutrition Facts	Amount / serving			Amount / serving		
		% DV			% DV	
2 servings per container	Total fat	15g	19%	Total Carbohydrate	24g	9%
Serving size 11oz (300g)	Saturated Fat	1.5g	6%	Dietary Fiber	5g	17%
Calories per serving 230	Trans Fat	0g		Total Sugars	16g	
	Cholesterol	0mg	0%	Incl. 0g Added Sugars		0%
	Sodium	1230mg	54%	Protein	5g	
	Vitamin D	0%	•Calcium 8%	•Iron 20%	•Potassium 15%	



Nutrients

	per 100g	per 300 g serving
Energy	314.6kJ	943.9kJ
Energy	75.1kcal	225.4kcal
Fat	5.0g	15.1g
of which saturates	0.4g	1.3g
Fatty Acids	2.6g	7.8g
Monounsaturated		
Fatty Acids	1.5g	4.5g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	6.4g	19.3g
of which sugars	5.3g	15.9g
Added Sugar	0.0g	0.0g
Fibre	1.6g	4.8g
Protein	1.6g	4.9g
Salt	1.0g	3.1g
Sodium	411.5mg	1234.4mg
Vitamin A IU	132.2IU	396.6IU
Vitamin A RAE	16.4µg	49.2µg
Carotene	82.9µg	248.6µg
Alpha Carotene	trace	trace
Beta Carotene	39.6µg	118.7µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.2mg
Riboflavin	0.0mg	0.1mg
Niacin	0.8mg	2.3mg
Pantothenic Acid	0.2mg	0.6mg
Vitamin B6	0.1mg	0.3mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	3.2µg	9.7µg
Equivalents		
Food Folate	3.3µg	9.8µg
Folate	16.5µg	49.4µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	10.6mg	31.9mg
Vitamin D IU	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	1.4mg	4.1mg
Biotin	0.4µg	1.3µg
Vitamin K	10.8µg	32.3µg
Calcium	38.2mg	114.6mg
Chloride	577.0mg	1731.1mg
Choline	3.2µg	9.7µg
Copper	0.1mg	0.3mg
Iodine	0.7µg	2.2µg
Iron	1.1mg	3.4mg
Magnesium	22.2mg	66.7mg
Manganese	0.2mg	0.5mg
Nitrogen	0.2g	0.6g
Phosphorus	42.4mg	127.1mg
Potassium	259.8mg	779.4mg
Selenium	0.5µg	1.5µg
Tryptophan/60	0.2mg	0.7mg
Zinc	0.2mg	0.7mg
Ash	0.3g	1.0g
Cholesterol	0.0mg	0.0mg
Lutein Zeaxanthin	45.7µg	137.0µg
Lycopene	1298.6µg	3895.9µg
Starch	0.3g	0.8g
Water	82.4g	247.1g

Ingredients and Allergens

Tomatoes, Cauliflower, Coconut Milk, Onion, Aubergine, Tamarind, Rapeseed Oil, Garlic, Salt, Ginger, Tomato Purée, Chilli Powder, Ground Coriander, Curry Leaves, **mustard** Seeds, Ground Cumin, Garam Masala, Dried Red Chillies, Turmeric, Cumin Seeds, Fennel Seeds, Fenugreek Seeds, Bay Leaf, Black Pepper, Cardamom Seeds.

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

25%	74.9g	Tomatoes, crushed, canned
22.5%	67.4g	Cauliflower, boiled in unsalted water
22.5%	67.4g	Coconut milk
13.3%	39.9g	Onions, raw
6.66%	20g	Aubergine, fried in rapeseed oil
2.5%	7.49g	Tamarind pulp, flesh only
2.27%	6.82g	Oil, rapeseed
1.66%	4.99g	Garlic, raw
0.832%	2.5g	Salt
0.624%	1.87g	Ginger, fresh
0.416%	1.25g	Tomato puree
0.25%	0.749g	Chilli powder
0.25%	0.749g	Ground Coriander
0.208%	0.624g	Curry leaves, fresh
0.166%	0.499g	Mustard seeds
0.166%	0.499g	Ground Cumin
0.166%	0.499g	Garam masala
0.125%	0.374g	Crushed Red Chillies, Dried
0.125%	0.374g	Turmeric, ground
0.083%	0.25g	Cumin seeds
0.083%	0.25g	Fennel seeds
0.083%	0.25g	Fenugreek seeds
0.083%	0.25g	Bay leaf, dried
0.042%	0.125g	Pepper, black
0.017%	0.05g	Cardamom seeds