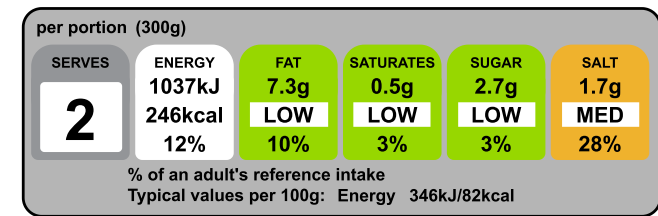


# Dhal Baghara - Yellow lentils spiced with cumin tempered with garlic, roasted chilli and curry leaves

## Serving Size

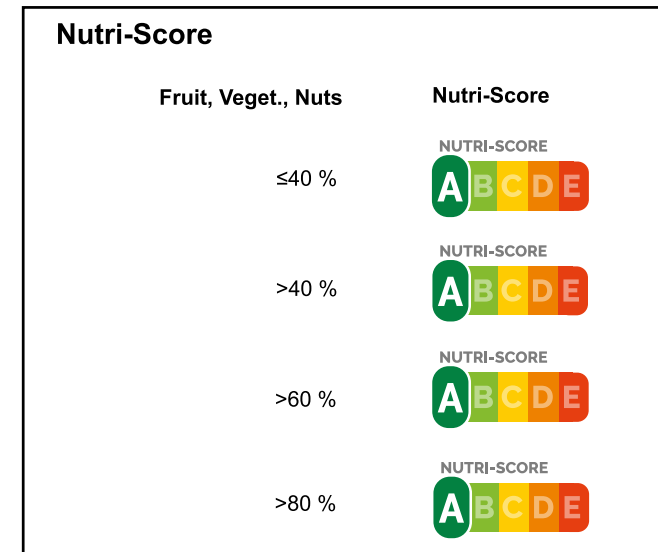
Serving size	300g
Pack Size	
Pack size	600.0g
Number of servings	2

## Graphics



Typical values	per 100g	per 300g serving
Energy	346kJ 82kcal	1037kJ 246kcal
Fat	2.4g	7.3g
of which saturates	0.2g	0.5g
Carbohydrate	10g	31g
of which sugars	0.9g	2.7g
Protein	5.2g	16g
Salt	0.55g	1.7g

Nutrition Facts	Amount / serving		% DV		Amount / serving		% DV	
	2 servings per container	Total fat	7g	9%	Total Carbohydrate	37g	13%	
Serving size 11oz (300g)	Saturated Fat	0.5g	3%	Dietary Fiber	6g	23%		
Calories per serving <b>250</b>	Trans Fat	0g		Total Sugars	3g			
	Cholesterol	0mg	0%	Incl. 0g Added Sugars	0%			
	Sodium	650mg	28%	Protein	16g			
	Vitamin D	0%	*Calcium	6%	*Iron	40%	*Potassium	15%



## Ingredients and Allergens

Water, Lentils, Tomatoes, Garlic, Onion, Rapeseed Oil, Ginger, Coriander Leaves, Salt, Green Chilli, Curry Leaves, Cumin Seeds, Turmeric, Dried Red Chillies, Chilli Powder, Ground Cumin, Ground Coriander, Garam Masala.

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

57.5%	172.5g	Water, tap, drinking
19.2%	57.5g	Lentils, green and brown, whole, dried, raw
6.39%	19.2g	Tomatoes, canned, whole contents
5.32%	16g	Tomatoes, standard, raw
3.19%	9.58g	Garlic, raw
2.66%	7.99g	Onions, raw
1.94%	5.82g	Oil, rapeseed
1.06%	3.19g	Ginger, fresh
1.06%	3.19g	Coriander leaves, fresh
0.532%	1.6g	Salt
0.373%	1.12g	Peppers, capsicum, chilli, green, raw
0.213%	0.639g	Curry leaves, fresh
0.16%	0.479g	Cumin seeds
0.128%	0.383g	Turmeric, ground
0.106%	0.319g	Crushed Red Chillies, Dried
0.053%	0.16g	Chilli powder
0.043%	0.128g	Ground Cumin
0.043%	0.128g	Ground Coriander
0.043%	0.128g	Garam masala

## Nutrients

	per 100g	per 300 g serving
Energy	345.5kJ	1036.6kJ
Energy	81.8kcal	245.5kcal
Fat	2.4g	7.3g
of which saturates	0.2g	0.5g
Fatty Acids	1.2g	3.7g
Monounsaturated		
Fatty Acids	0.8g	2.3g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	10.2g	30.6g
of which sugars	0.9g	2.7g
Added Sugar	0.0g	0.0g
Fibre	2.1g	6.3g
Protein	5.2g	15.5g
Salt	0.6g	1.7g
Sodium	217.8mg	653.3mg
Vitamin A IU	88.7IU	266.2IU
Vitamin A RAE	18.2µg	54.5µg
Carotene	109.2µg	327.6µg
Alpha Carotene	0.4µg	1.2µg
Beta Carotene	79.5µg	238.6µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.2mg
Niacin	1.3mg	3.9mg
Pantothenic Acid	0.0mg	0.1mg
Vitamin B6	0.2mg	0.6mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	24.6µg	73.7µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	3.3mg	10.0mg
Vitamin D IU	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	0.6mg	1.8mg
Biotin	0.2µg	0.6µg
Vitamin K	6.4µg	19.1µg
Calcium	23.6mg	70.8mg
Chloride	352.3mg	1056.9mg
Choline	0.0µg	0.0µg
Copper	0.2mg	0.6mg
Iodine	0.7µg	2.0µg
Iron	2.5mg	7.5mg
Magnesium	26.3mg	78.9mg
Manganese	0.3mg	1.0mg
Nitrogen	0.8g	2.5g
Phosphorus	78.7mg	236.2mg
Potassium	251.7mg	755.0mg
Selenium	20.2µg	60.6µg
Tryptophan/60	0.7mg	2.2mg
Zinc	0.8mg	2.5mg
Ash	0.0g	0.0g
Cholesterol	0.0mg	0.0mg
Lutein Zeaxanthin	16.9µg	50.8µg
Lycopene	119.7µg	359.1µg
Starch	8.2g	24.7g
Water	76.7g	230.2g