

Dhal Makhni - One of Indias favourite dishes, black lentils simmered overnight with tomato, butter and cream then tempered with garlic and ground kashmiri chilli

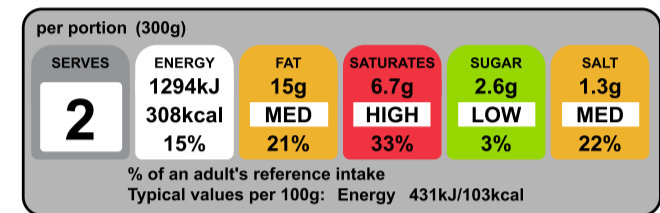
Serving Size

Serving size 300g

Pack Size

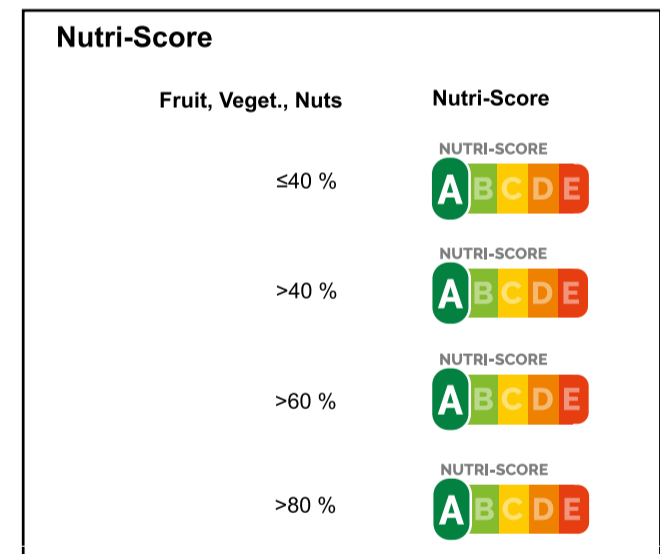
Pack size 600.0g
Number of servings 2

Graphics



Typical values	per 100g	per 300g serving
Energy	431kJ 103kcal	1294kJ 308kcal
Fat	4.9g	15g
of which saturates	2.2g	6.7g
Carbohydrate	9.8g	29g
of which sugars	0.9g	2.6g
Protein	5.3g	16g
Salt	0.43g	1.3g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	Total fat 15g	19%	Total Carbohydrate 36g	13%	
Serving size 11oz (300g)	Saturated Fat 7g	33%	Dietary Fiber 6g	22%		
Calories per serving 310	Trans Fat 0g		Total Sugars 3g			
	Cholesterol 25mg	9%	Incl. 0g Added Sugars	0%		
	Sodium 510mg	22%	Protein 16g			
	Vitamin D 0%	*Calcium 6%	*Iron 40%	*Potassium 15%		



Ingredients and Allergens

Water, Lentils, Tomatoes, Cream (**Milk**), Garlic, Butter (**Milk**), Ginger, Rapeseed Oil, Salt, Chilli Powder, Tomato Purée, Fenugreek Leaves, Caraway Seeds, Cumin Seeds.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

53.9%	161.7g	Water, tap, drinking
17.8%	53.3g	Lentils, green and brown, whole, dried, raw
9.51%	28.5g	Tomatoes, canned, whole contents
6.34%	19g	Cream, fresh, single
6.03%	18.1g	Garlic, raw
2.54%	7.61g	Butter, unsalted
1.27%	3.81g	Ginger, fresh
1.16%	3.47g	Oil, rapeseed
0.381%	1.14g	Salt
0.317%	0.951g	Chilli powder
0.317%	0.951g	Tomato puree
0.19%	0.571g	Fenugreek leaves, raw
0.159%	0.476g	Caraway seeds
0.127%	0.381g	Cumin seeds

Nutrients

	per 100g	per 300 g serving
Energy	431.3kJ	1294.0kJ
Energy	102.8kcal	308.4kcal
Fat	4.9g	14.8g
of which saturates	2.2g	6.7g
Fatty Acids	1.6g	4.9g
Monounsaturated		
Fatty Acids	0.7g	2.0g
Polyunsaturated		
Trans Fatty Acids	0.1g	0.3g
Carbohydrate	9.8g	29.5g
of which sugars	0.9g	2.6g
Added Sugar	0.0g	0.0g
Fibre	2.1g	6.2g
Protein	5.3g	15.8g
Salt	0.4g	1.3g
Sodium	170.0mg	510.0mg
Vitamin A IU	215.3IU	646.0IU
Vitamin A RAE	64.6µg	193.8µg
Carotene	130.8µg	392.5µg
Alpha Carotene	trace	trace
Beta Carotene	70.2µg	210.6µg
Retinol	42.8µg	128.3µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.2mg
Niacin	1.3mg	3.8mg
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	21.6µg	64.7µg
Vitamin B12	0.0µg	0.1µg
Vitamin C	2.5mg	7.6mg
Vitamin D IU	1.7IU	5.0IU
Vitamin D MCG	0.0µg	0.1µg
Vitamin E	0.5mg	1.5mg
Biotin	0.3µg	1.0µg
Vitamin K	2.4µg	7.2µg
Calcium	26.9mg	80.7mg
Chloride	280.6mg	841.8mg
Choline	0.0µg	0.0µg
Copper	0.2mg	0.6mg
Iodine	1.6µg	4.8µg
Iron	2.4mg	7.1mg
Magnesium	25.0mg	75.1mg
Manganese	0.3mg	0.9mg
Nitrogen	0.8g	2.5g
Phosphorus	82.8mg	248.5mg
Potassium	252.0mg	755.9mg
Selenium	18.8µg	56.3µg
Tryptophan/60	0.7mg	2.2mg
Zinc	0.8mg	2.5mg
Ash	0.0g	0.0g
Cholesterol	8.9mg	26.7mg
Lutein Zeaxanthin	20.0µg	60.1µg
Lycopene	156.6µg	469.7µg
Starch	8.1g	24.2g
Water	74.7g	224.2g