

Gobi Matter - Punjabi style roasted cauliflower and green pea cooked in a tomato and caramelised onion curry

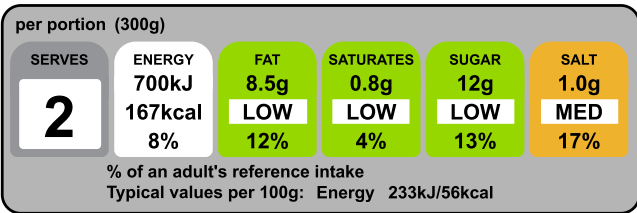
Serving Size

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

Nutrients

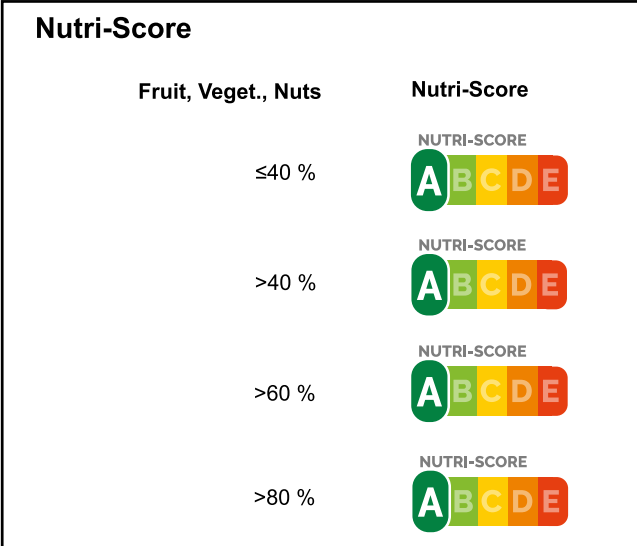
	per 100g	per 300 g serving
Energy	233.4kJ	700.2kJ
Energy	55.7kcal	167.0kcal
Fat	2.8g	8.5g
of which saturates	0.3g	0.8g
Fatty Acids	1.4g	4.2g
Monounsaturated		
Fatty Acids	0.9g	2.8g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	5.8g	17.5g
of which sugars	3.9g	11.6g
Added Sugar	0.0g	0.0g
Fibre	2.4g	7.1g
Protein	2.1g	6.4g
Salt	0.3g	1.0g
Sodium	131.4mg	394.1mg
Vitamin A IU	119.2IU	357.6IU
Vitamin A RAE	18.4µg	55.1µg
Carotene	100.7µg	302.1µg
Alpha Carotene	0.4µg	1.3µg
Beta Carotene	67.8µg	203.4µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.4mg
Riboflavin	0.0mg	0.1mg
Niacin	1.0mg	3.1mg
Pantothenic Acid	0.3mg	0.8mg
Vitamin B6	0.1mg	0.4mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	1.9µg	5.8µg
Equivalents		
Food Folate	1.9µg	5.8µg
Folate	27.7µg	83.0µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	16.8mg	50.4mg
Vitamin D IU	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	0.8mg	2.5mg
Biotin	0.8µg	2.4µg
Vitamin K	18.2µg	54.6µg
Calcium	31.4mg	94.2mg
Chloride	193.1mg	579.4mg
Choline	1.9µg	5.8µg
Copper	0.1mg	0.2mg
Iodine	0.9µg	2.8µg
Iron	1.0mg	3.0mg
Magnesium	16.7mg	50.1mg
Manganese	0.2mg	0.6mg
Nitrogen	0.3g	0.9g
Phosphorus	46.0mg	137.9mg
Potassium	226.2mg	678.5mg
Selenium	0.5µg	1.6µg
Tryptophan/60	0.4mg	1.2mg
Zinc	0.3mg	0.9mg
Ash	0.2g	0.6g
Cholesterol	0.0mg	0.0mg
Lutein Zeaxanthin	27.7µg	83.2µg
Lycopene	759.1µg	2277.3µg
Starch	0.8g	2.5g
Water	85.7g	257.0g

Graphics



Typical values	per 100g	per 300g serving
Energy	233kJ 56kcal	700kJ 167kcal
Fat	2.8g	8.5g
of which saturates	0.3g	0.8g
Carbohydrate	5.8g	17g
of which sugars	3.9g	12g
Protein	2.1g	6.4g
Salt	0.33g	1.0g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	Total fat	8g	11%	Total Carbohydrate	25g
Serving size 11oz (300g)	Saturated Fat	1g	4%	Dietary Fiber	7g	25%
Calories per serving 170	Trans Fat	0g		Total Sugars	12g	
	Cholesterol	0mg	0%	Incl. 0g Added Sugars		0%
	Sodium	390mg	17%	Protein	6g	
	Vitamin D	0%	*Calcium	8%	*Iron	15%
			*Potassium	15%		



Ingredients and Allergens

Cauliflower, Onion, Tomatoes, Peas, Garlic, Rapeseed Oil, Ginger, Coriander Leaves, Green Chilli, Ground Coriander, Salt, Cumin Seeds, Dried Red Chillies, Chilli Powder, Ground Cumin, Turmeric, Garam Masala, Cardamon, Bay Leaf.

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

38.7%	116g	Cauliflower, boiled in unsalted water
28.5%	85.6g	Onions, raw
14.9%	44.6g	Tomatoes, crushed, canned
8.92%	26.8g	Peas, frozen, boiled in unsalted water
2.38%	7.14g	Garlic, raw
2.17%	6.5g	Oil, rapeseed
1.19%	3.57g	Ginger, fresh
1.19%	3.57g	Coriander leaves, fresh
0.892%	2.68g	Peppers, capsicum, chilli, green, raw
0.268%	0.803g	Ground Coriander
0.238%	0.714g	Salt
0.119%	0.357g	Cumin seeds
0.119%	0.357g	Crushed Red Chillies, Dried
0.119%	0.357g	Chilli powder
0.119%	0.357g	Ground Cumin
0.104%	0.312g	Turmeric, ground
0.089%	0.268g	Garam masala
0.018%	0.054g	Cardamon, ground
0.006%	0.018g	Bay leaf, dried