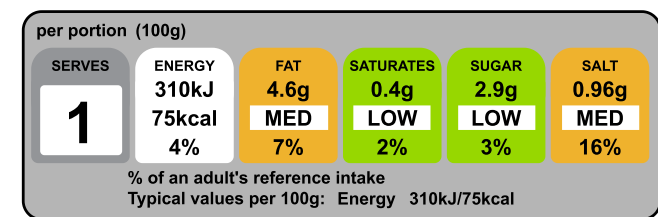


Kadhai - Quorn chunks cooked with bell peppers and shallots finished with roasted, coriander seeds, cumin and chilli flakes

Serving Size

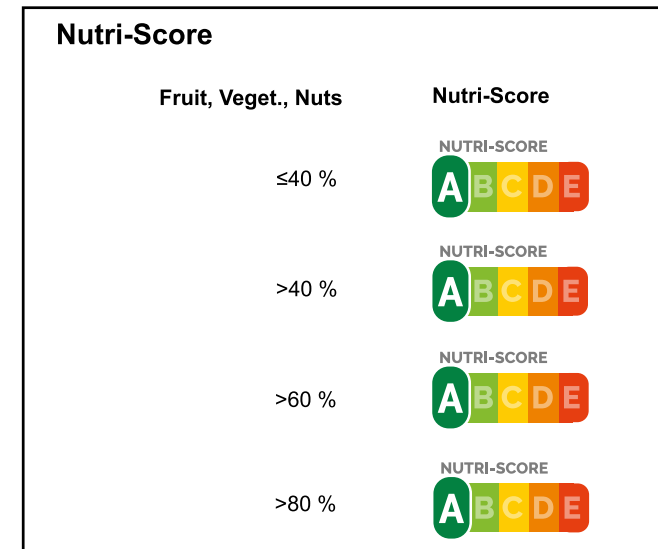
Serving size	100g
Pack Size	
Pack size	100.0g
Number of servings	1

Graphics



Typical values	per 100g	per 100g serving
Energy	310kJ 75kcal	310kJ 75kcal
Fat	4.6g	4.6g
of which saturates	0.4g	0.4g
Carbohydrate	4.3g	4.3g
of which sugars	2.9g	2.9g
Protein	4.7g	4.7g
Salt	0.96g	0.96g

Nutrition Facts	Amount / serving		% DV		Amount / serving		% DV	
	1 servings per container	Total fat	4.5g	6%	Total Carbohydrate	8g	3%	
Serving size 4oz (100g)	Saturated Fat	0g	2%	Dietary Fiber	4g	13%		
	Trans Fat	0g		Total Sugars	3g			
	Cholesterol	0mg	0%	Incl. 0g Added Sugars	0%			
	Sodium	380mg	16%	Protein	5g			
Calories per serving	Vitamin D	0%	*Calcium	2%	*Iron	8%	*Potassium	6%



Ingredients and Allergens

Tomatoes, Quorn, Onion, Green Peppers, Red Peppers, Rapeseed Oil, Water, Garlic, Ginger, Coriander Leaves, Salt, Ground Coriander, Tomato Purée, Dried Red Chillies, Fennel Seeds, Coriander Seeds, Green Chilli, Turmeric, Garam Masala, Fenugreek Leaves, Cumin Seeds, Ground Black Pepper, Chili Powder, Ground Cumin, Black Pepper, Cinnamon, Cardamon, Bay Leaf, Cloves, Mace.

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

35.6%	35.6g	Tomatoes, crushed, canned
23.7%	23.7g	Quorn, pieces, as purchased
5.94%	5.94g	Onions, raw
5.94%	5.94g	Peppers, capsicum, green, raw
5.94%	5.94g	Pepper, capsicum, red, raw
5.94%	5.94g	Pepper, capsicum, red, raw
3.79%	3.79g	Oil, rapeseed
3.56%	3.56g	Water, tap, drinking
2.61%	2.61g	Garlic, raw
2.37%	2.37g	Ginger, fresh
1.19%	1.19g	Coriander leaves, fresh
0.594%	0.594g	Salt
0.356%	0.356g	Ground Coriander
0.297%	0.297g	Tomato puree
0.237%	0.237g	Crushed Red Chillies, Dried
0.237%	0.237g	Fennel seeds
0.237%	0.237g	Coriander seeds
0.237%	0.237g	Peppers, capsicum, chilli, green, raw
0.178%	0.178g	Turmeric, ground
0.178%	0.178g	Garam masala
0.178%	0.178g	Fenugreek leaves, raw
0.119%	0.119g	Cumin seeds
0.119%	0.119g	Black Pepper Coarse Ground
0.119%	0.119g	Spices, chili powder
0.119%	0.119g	Ground Cumin
0.059%	0.059g	Pepper, black
0.036%	0.036g	Cinnamon, ground
0.024%	0.024g	Cardamon, ground
0.021%	0.021g	Bay leaf, dried
0.012%	0.012g	Cloves, dried
0.006%	0.006g	Mace, ground

Nutrients

	per 100g	per 100 g serving
Energy	310.2kJ	310.2kJ
Energy	74.5kcal	74.5kcal
Fat	4.6g	4.6g
of which saturates	0.4g	0.4g
Fatty Acids	2.4g	2.4g
Monounsaturated		
Fatty Acids	1.2g	1.2g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	4.3g	4.3g
of which sugars	2.9g	2.9g
Added Sugar	0.0g	0.0g
Fibre	3.6g	3.6g
Protein	4.7g	4.7g
Salt	0.96g	0.96g
Sodium	377.5mg	377.5mg
Vitamin A IU	258.8IU	258.8IU
Vitamin A RAE	30.9µg	30.9µg
Carotene	152.3µg	152.3µg
Alpha Carotene	3.4µg	3.4µg
Beta Carotene	205.9µg	205.9µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	4.1µg	4.1µg
Thiamin	0.1mg	0.1mg
Riboflavin	0.1mg	0.1mg
Niacin	1.4mg	1.4mg
Pantothenic Acid	0.2mg	0.2mg
Vitamin B6	0.1mg	0.1mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	4.7µg	4.7µg
Equivalents		
Food Folate	4.7µg	4.7µg
Folate	22.7µg	22.7µg
Vitamin B12	0.1µg	0.1µg
Vitamin C	27.1mg	27.1mg
Vitamin D IU	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	1.6mg	1.6mg
Biotin	1.9µg	1.9µg
Vitamin K	10.9µg	10.9µg
Calcium	30.2mg	30.2mg
Chloride	369.1mg	369.1mg
Choline	4.7µg	4.7µg
Copper	0.1mg	0.1mg
Iodine	0.9µg	0.9µg
Iron	1.3mg	1.3mg
Magnesium	26.6mg	26.6mg
Manganese	0.9mg	0.9mg
Nitrogen	0.6g	0.6g
Phosphorus	86.4mg	86.4mg
Potassium	243.7mg	243.7mg
Selenium	0.4µg	0.4µg
Tryptophan/60	0.7mg	0.7mg
Zinc	1.9mg	1.9mg
Ash	0.5g	0.5g
Cholesterol	0.0mg	0.0mg
Lutein Zeaxanthin	59.3µg	59.3µg
Lycopene	1896.2µg	1896.2µg
Starch	0.6g	0.6g
Water	80.5g	80.5g