

# Kadhai - Soya chunks cooked with bell peppers, chilli, fenugreek & tempered with garlic and ginger

## Serving Size

Serving size 300g

## Pack Size

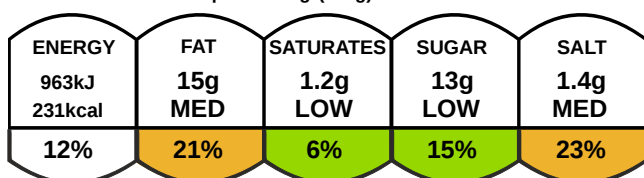
Pack size 600.0g  
Number of servings 2

## Nutrients

	per 100g	per 300 g serving
Energy	320.9kJ	962.6kJ
Energy	77.1kcal	231.4kcal
Fat	5.0g	14.9g
of which saturates	0.4g	1.2g
Carbohydrate	8.8g	26.3g
of which sugars	4.4g	13.3g
Added Sugar	0.0g	0.0g
Protein	13.7g	41.2g
Salt	0.5g	1.4g
Vitamin K	10.9µg	32.8µg

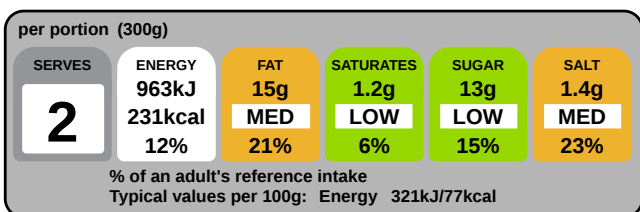
## Graphics

per serving (300g)



of your reference intake  
Typical values per 100g: Energy 321kJ/77kcal

per portion (300g)



Nutrition Facts	Amount / serving	% DV	Amount / serving	% DV
	Total Fat 15g	19%	Total Carb. 43g	16%
2 servings per container	Sat. Fat 1g	6%	Fiber 16g	59%
Serving size 11oz (300g)	Trans Fat 0g		Total Sugars 13g	
Calories per serving 230	Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 530mg	23%	Protein 41g	
	Vitamin D 0% • Calcium 6 • Iron 20% • Potassium 15%			

Nutrition Facts		Servings: 2, Serv. size: 11oz (300g),	
Amount per serving: <b>Calories 230</b> , Total Fat 15g (19% DV), Sat. Fat 1g (6% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 530mg (23% DV), Total Carb. 43g (16% DV), Fiber 16g (59% DV), Total Sugars 13g (Incl. 0g Added Sugars, 0% DV), Protein 41g, Vit. D (0% DV), Calcium (6% DV), Iron (20% DV), Potas. (15% DV).			

## Ingredients and Allergens

Tomatoes, **soya** Chunks, Onion, Green Peppers, Red Peppers, Rapeseed Oil, Water, Garlic, Ginger, Coriander Leaves, Ground Coriander, Tomato Purée, Dried Red Chillies, Fennel Seeds, Coriander Seeds, Salt, 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**.

35.7%	107.2g	Tomatoes, crushed, canned
23.8%	71.5g	Soya Chunks
5.96%	17.9g	Onions, raw

5.96%	17.9g	Peppers, capsicum, green, raw
5.96%	17.9g	Pepper, capsicum, red, raw
5.96%	17.9g	Pepper, capsicum, red, raw
3.8%	11.4g	Oil, rapeseed
3.57%	10.7g	Water, tap, drinking
2.62%	7.86g	Garlic, raw
2.38%	7.15g	Ginger, fresh
1.19%	3.57g	Coriander leaves, fresh
0.357%	1.07g	Ground Coriander
0.298%	0.894g	Tomato puree
0.238%	0.715g	Crushed Red Chillies, Dried
0.238%	0.715g	Fennel seeds
0.238%	0.715g	Coriander seeds
0.238%	0.715g	Salt
0.238%	0.715g	Peppers, capsicum, chilli, green, raw
0.179%	0.536g	Turmeric, ground
0.179%	0.536g	Garam masala
0.179%	0.536g	Fenugreek leaves, raw
0.119%	0.357g	Cumin seeds
0.119%	0.357g	Black Pepper Coarse Ground
0.119%	0.357g	Spices, chili powder
0.119%	0.357g	Ground Cumin
0.06%	0.179g	Pepper, black
0.036%	0.107g	Cinnamon, ground
0.024%	0.071g	Cardamon, ground
0.021%	0.064g	Bay leaf, dried
0.012%	0.036g	Cloves, dried
0.006%	0.018g	Mace, ground