

KASHIPHAL KI SUBJI

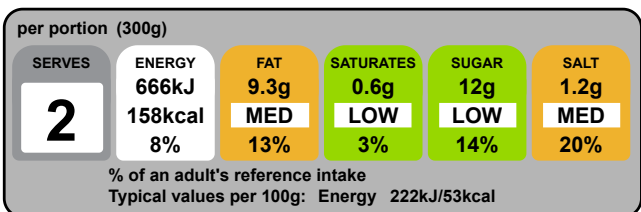
Serving Size

Serving size 300g

Pack Size

Pack size 600.0g
Number of servings 2

Graphics



Typical values	per 100g	per 300g serving
Energy	222kJ 53kcal	666kJ 158kcal
Fat	3.1g	9.3g
of which saturates	0.2g	0.6g
Carbohydrate	6.1g	18g
of which sugars	4.1g	12g
Protein	1.3g	3.9g
Salt	0.40g	1.2g

Nutrition Facts	Amount / serving		Amount / serving	
		% DV		% DV
2 servings per container	Total fat	9g 12%	Total Carbohydrate	23g 8%
	Saturated Fat	0.5g 3%	Dietary Fiber	5g 17%
Serving size 11oz (300g)	Trans Fat	0g	Total Sugars	12g
	Cholesterol	0mg 0%	Incl. 0g Added Sugars	3%
Calories per serving 160	Sodium	470mg 20%	Protein	4g
	Vitamin D 0% • Calcium 10% • Iron 20% • Potassium 15%			

Nutrients

	per 100g	per 300 g serving
Energy	222.1kJ	666.3kJ
Energy	52.7kcal	158.2kcal
Fat	3.1g	9.3g
of which saturates	0.2g	0.6g
Carbohydrate	6.1g	18.4g
of which sugars	4.1g	12.3g
Added Sugar	0.4g	1.3g
Protein	1.3g	3.9g
Salt	0.4g	1.2g
Vitamin K	5.6µg	16.8µg

Nutri-Score

Fruit, Veget., Nuts

Nutri-Score

≤40 %



>40 %



>60 %



>80 %



Ingredients and Allergens

Tomatoes, Butternut Squash, Onion, Water, Rapeseed Oil, Garlic, Ginger, Ground Coriander, Sugar, Curry Leaves, Salt, Fennel Seeds, Chilli Powder, Ground Cumin, Garam Masala, Dried Red Chillies, Cumin Seeds, **mustard** Seeds, Turmeric. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

35.5%	106.6g	Tomatoes, standard, raw
28.4%	85.3g	Squash, butternut, raw
21.3%	64g	Onions, raw
4.26%	12.8g	Water, tap, drinking
2.59%	7.77g	Oil, rapeseed
2.13%	6.4g	Garlic, raw
2.13%	6.4g	Ginger, fresh
0.497%	1.49g	Ground Coriander
0.426%	1.28g	Sugar, white
0.426%	1.28g	Curry leaves, fresh
0.355%	1.07g	Salt
0.284%	0.853g	Fennel seeds
0.284%	0.853g	Chilli powder
0.256%	0.768g	Ground Cumin
0.256%	0.768g	Garam masala
0.213%	0.64g	Crushed Red Chillies, Dried
0.213%	0.64g	Cumin seeds
0.213%	0.64g	Mustard seeds
0.171%	0.512g	Turmeric, ground

Notes