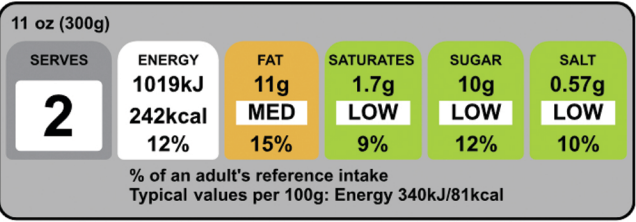


MALABA ISHTU- Traditional coastal vegetable curry with okra, gourd, carrot, butter beans and corn simmered in tempered coconut milk

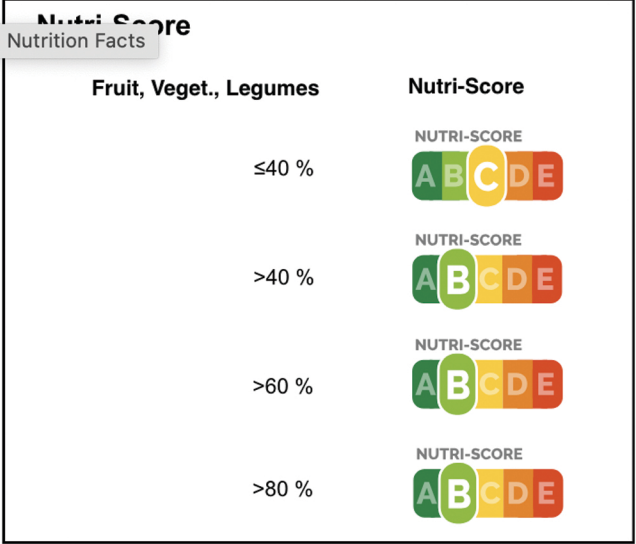
Serving Size	
Serving size	300g
Container Size	
Container size	600.0g
Number of servings	2

Graphics



Typical values	per 100g	per 300g serving
Energy	340kJ	1019kJ
	81kcal	242kcal
Fat	3.5g	11g
of which saturates	0.6g	1.7g
Carbohydrate	11g	34g
of which sugars	3.5g	10g
Protein	1.7g	5.1g
Salt	0.19g	0.57g

Nutrition Facts	Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
2 servings per container Serving size 11 oz (300g) Calories per serving 240	Total Fat 11g	13%	Total Carbohydrate 39g	14%
	Saturated Fat 1.5g	9%	Dietary Fiber 5g	18%
	Trans Fat 0g		Total Sugars 10g	
	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
	Sodium 230mg	10%	Protein 5g	
Vitamin D 0mcg 0% • Calcium 120mg 8% • Iron 2.5mg 15% • Potassium 860mg 20% Vitamin A 940mcg 100% • Vitamin C 28mg 30% • Vitamin E 2.8mg 15% • Vitamin K 11mcg 10% Thiamin 0.34mg 30% • Riboflavin 0.2mg 20% • Niacin 3.5mg 20% • Vitamin B6 0.41mg 25% Folate 0mcg DFE 0mcg 0% • Vitamin B12 0mcg 0% • Biotin 1.0mcg 3% • Pantothenate 0.5mg 11% Phosphorus 130mg 11% • Iodine 3mcg 2% • Iron 2.5mg 15% • Magnesium 70mg 16% Zinc 1.1mg 10% • Selenium 8mcg 15% • Copper 0.35mg 38% • Manganese 0.41mg 18% Chloride 420mg 18% • Choline 0mcg 0%				



Ingredients and Allergens

Onion, Mushrooms, White Button, Okra, Gourd, Plantain, Sweet Potato, Yam, Tomatoes, Rapeseed Oil, Garlic, Ginger, Mango, Dried, Coconut Oil, Chilli Powder, Ground Coriander, Curry Leaves, Salt, Turmeric, Ground Cumin, Garam Masala, Black Pepper, Fennel Powder (soonf), Coconut Milk, Cumin Seeds, Fennel Seeds, Mustard Seeds (**Mustard**), Fenugreek Seeds, Dried Red Chillies, Cardamon, Bay Leaf.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

24.8%	74.3g	Onions, raw
11.9%	35.6g	Mushrooms, white button
9.9%	29.7g	Okra, raw
9.9%	29.7g	Gourd, bottle, raw
9.9%	29.7g	Plantain, green flesh, raw
9.9%	29.7g	Sweet potato, raw, flesh only
9.9%	29.7g	Yam, flesh only, raw
5.94%	17.8g	Tomatoes, canned, whole contents
2.71%	8.12g	Oil, rapeseed
0.99%	2.97g	Garlic, raw
0.99%	2.97g	Ginger, fresh
0.99%	2.97g	Garlic, raw
0.495%	1.49g	Mango, dried
0.362%	1.09g	Oil, coconut
0.198%	0.594g	Chilli powder
0.198%	0.594g	Ground Coriander
0.198%	0.594g	Curry leaves, fresh
0.149%	0.446g	Salt
0.149%	0.446g	Turmeric, ground
0.099%	0.297g	Ground Cumin
0.059%	0.178g	Garam masala
0.05%	0.149g	Pepper, black
0.05%	0.149g	Fennel powder (soonf)
0.035%	0.104g	Coconut milk
0.03%	0.089g	Cumin seeds
0.03%	0.089g	Fennel seeds
0.03%	0.089g	Mustard seeds
0.03%	0.089g	Fenugreek seeds
0.03%	0.089g	Crushed Red Chillies, Dried
0.03%	0.089g	Cardamon, ground
0.02%	0.059g	Bay leaf, dried

Nutrients	per 100g	per 300 g serving
Energy	339.8kJ	1019.4kJ
Calories	80.7kcal	242.1kcal
Protein	1.7g	5.1g
Carbohydrate	11.4g	34.3g
Sugars	3.5g	10.4g
Starch	6.4g	19.1g
Added Sugar	0.0g	0.0g
Total Fat	3.5g	10.5g
Saturated Fat	0.6g	1.7g
Fatty Acids	1.7g	5.1g
Monounsaturated		
Fatty Acids	0.9g	2.8g
Polyunsaturated		
Trans Fat	trace	trace
Dietary Fiber	1.7g	5.1g
Sodium	75.2mg	225.6mg
Salt	0.19g	0.57g
Cholesterol	0.0mg	0.0mg
Vitamin A	313.3IU	939.8IU
Vitamin A RAE	92.0µg	275.9µg
Carotene	550.3µg	1650.8µg
Alpha Carotene	3.0µg	9.1µg
Beta Carotene	500.9µg	1502.6µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.1µg	0.4µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.2mg
Niacin	1.2mg	3.5mg
Pantothenic Acid	0.2mg	0.5mg
Vitamin B6	0.1mg	0.4mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	4.5µg	13.4µg
Folate	22.3µg	66.9µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	8.8mg	26.3mg
Vitamin D	0.1IU	0.3IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	0.8mg	2.5mg
Biotin	0.3µg	1.0µg
Vitamin K	3.7µg	11.2µg
Calcium	38.7mg	116.0mg
Chloride	140.4mg	421.3mg
Choline	0.1µg	0.4µg
Copper	0.1mg	0.3mg
Iodine	1.0µg	3.0µg
Iron	0.8mg	2.5mg
Magnesium	22.8mg	68.3mg
Manganese	0.1mg	0.4mg
Nitrogen	0.2g	0.6g
Phosphorus	43.8mg	131.4mg
Potassium	294.2mg	882.7mg
Selenium	2.8µg	8.5µg
Tryptophan/60	0.3mg	0.8mg
Zinc	0.4mg	1.1mg
Ash	0.1g	0.3g
Lutein Zeaxanthin	10.7µg	32.0µg
Lycopene	86.2µg	258.6µg
Water	79.6g	238.7g
Ethanol	0.0g	0.0g