PUNJABI SUBJI - North Indian mixed vegetable curry. Cauliflower, carrot, potato, peas, hispi cabbage & bell peppers all cooked with North Indian spices

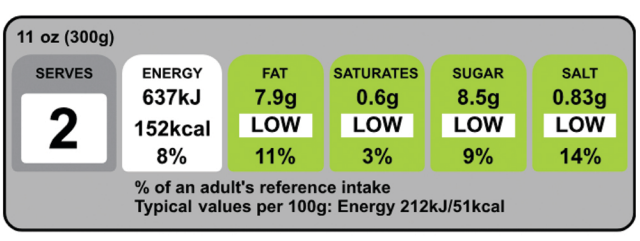
Serving Size

Serving size	300g

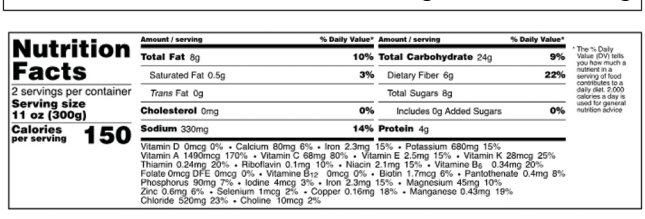
Container Size

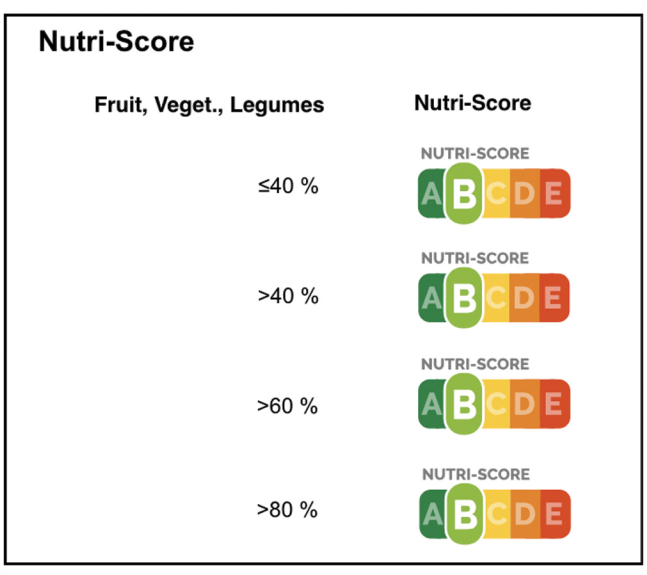
Container size	600.0g
Number of servings	2

Graphics



Typical values	per 100g	per 300g serving
Energy	212kJ	637kJ
	51kcal	152kcal
Fat	2.6g	7.9g
of which saturates	0.2g	0.6g
Carbohydrate	5.9g	18g
of which sugars	2.8g	8.5g
Protein	1.3g	4.0g
Salt	0.28g	0.83g





Ingredients and Allergens

Onion, Cauliflower, Frozen, Cooked, No Added Fat, Potato, Carrots, Tomatoes, Green Beans, Aubergine, Peppers, Bell, Green, Raw, Peppers, Bell, Yellow, Raw, Peppers, Bell, Red, Raw, Peppers, Bell, Orange, Raw, Rapeseed Oil, Garlic, Ginger, Coriander Leaves, Lemon Juice, Ground Coriander, Salt, Green Chilli, Cumin Seeds, Turmeric, Ground Cumin, Garam Masala, Chilli Powder, Bay Leaf. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

21%	62.9g	Onions, raw
12.6%	37.7g	Cauliflower, frozen, cooked, no added fat
10.9%	32.7g	Potatoes, new and salad, boiled in unsalted water, flesh and skin
10.1%	30.2g	Carrots, young, raw
8.39%	25.2g	Tomatoes, canned, whole contents
8.39%	25.2g	Beans, green, raw
8.39%	25.2g	Aubergine, raw
4.19%	12.6g	Tomatoes, standard, raw
2.52%	7.55g	Peppers, bell, green, raw
2.52%	7.55g	Peppers, bell, yellow, raw
2.52%	7.55g	Peppers, bell, red, raw
2.52%	7.55g	Peppers, bell, orange, raw
2.29%	6.88g	Oil, rapeseed
0.839%	2.52g	Garlic, raw
0.839%	2.52g	Ginger, fresh
0.419%	1.26g	Coriander leaves, fresh
0.419%	1.26g	Lemon juice, fresh
0.252%	0.755g	Ground Coriander
0.21%	0.629g	Salt
0.168%	0.503g	Peppers, capsicum, chilli, green, raw
0.126%	0.377g	Cumin seeds
0.126%	0.377g	Turmeric, ground
0.126%	0.377g	Ground Cumin
0.126%	0.377g	Garam masala
0.084%	0.252g	Chilli powder
0.042%	0.126g	Bay leaf, dried

Nutrients

	per 100g	per 300 g serving
Energy	212.4kJ	637.2kJ
Calories	50.7kcal	152.1kcal
Protein	1.3g	4.0g
Carbohydrate	5.9g	17.8g
Sugars	2.8g	8.5g
Starch	1.6g	4.9g
Added Sugar	0.0g	0.0g
Total Fat	2.6g	7.9g
Saturated Fat	0.2g	0.6g
Fatty Acids	1.4g	4.3g
Monounsaturated Fatty Acids	0.8g	2.4g
Polyunsaturated Trans Fat	trace	trace
Dietary Fiber	2.0g	6.0g
Sodium	109.3mg	327.8mg
Salt	0.28g	0.83g
Cholesterol	0.0mg	0.0mg
Vitamin A	496.0IU	1488.0IU
Vitamin A RAE	148.8µg	446.4µg
Carotene	893.2µg	2679.6µg
Alpha Carotene	345.8µg	1037.3µg
Beta Carotene	690.9µg	2072.8µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.2mg
Riboflavin	0.0mg	0.1mg
Niacin	0.7mg	2.1mg
Pantothenic Acid	0.1mg	0.4mg
Vitamin B6	0.1mg	0.3mg
Folic Acid	0.0µg	0.0µg
Dietary Folate Equivalents	0.0µg	0.0µg
Food Folate	8.0µg	23.9µg
Folate	24.2µg	72.5µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	22.8mg	68.3mg
Vitamin D	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	0.8mg	2.5mg
Biotin	0.6µg	1.7µg
Vitamin K	9.4µg	28.3µg
Calcium	26.7mg	80.0mg
Chloride	172.8mg	518.4mg
Choline	4.2µg	12.6µg
Copper	0.1mg	0.2mg
Iodine	1.3µg	4.0µg
Iron	0.8mg	2.3mg
Magnesium	14.4mg	43.2mg
Manganese	0.1mg	0.4mg
Nitrogen	0.2g	0.5g
Phosphorus	29.9mg	89.8mg
Potassium	226.4mg	679.1mg
Selenium	0.4µg	1.1µg
Tryptophan/60	0.2mg	0.6mg
Zinc	0.2mg	0.6mg
Ash	0.0g	0.1g
Lutein Zeaxanthin	36.8µg	110.5µg
Lycopene	143.0µg	428.9µg
Water	87.0g	261.0g
Ethanol	0.0g	0.0g