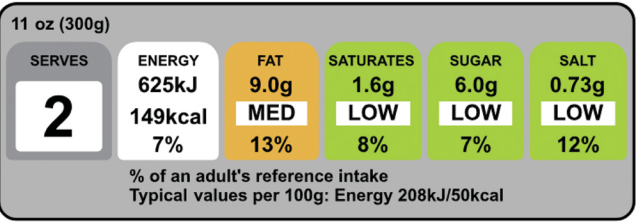


SARSON KASHIPHAL - Roasted butternut squash with tempered mustard greens and spinach curry

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

Graphics



Typical values	per 100g	per 300g serving
Energy	208kJ	625kJ
	50kcal	149kcal
Fat	3.0g	9.0g
of which saturates	0.5g	1.6g
Carbohydrate	4.1g	12g
of which sugars	2.0g	6.0g
Protein	2.1g	6.2g
Salt	0.24g	0.73g

Nutrition Facts	Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
2 servings per container	Total Fat 9g	12%	Total Carbohydrate 18g	7%
Serving size 11 oz (300g)	Saturated Fat 1.5g	8%	Dietary Fiber 6g	20%
Calories per serving 150	Trans Fat 0g		Total Sugars 6g	
	Cholesterol less than 5mg	2%	Includes 0g Added Sugars	0%
	Sodium 290mg	13%	Protein 6g	
Vitamin D 0mg 0% • Calcium 220mg 15% • Iron 3.5mg 20% • Potassium 650mg 20% Vitamin A 5200mg 580% • Vitamin C 56mg 60% • Vitamin E 5.5mg 35% • Vitamin K 781mg 650% Thiamin 0.25mg 20% • Riboflavin 0.1mg 10% • Niacin 3.1mg 20% • Vitamine B6 0.35mg 20% Folate 0mg 0% • Vitamine B12 0.01mg 0% • Biotin 0.6mg 2% • Pantothenate 0.6mg 13% Phosphorus 120mg 10% • Iodine 3mcg 2% • Iron 3.5mg 20% • Magnesium 80mg 19% Zinc 1.0mg 10% • Selenium 1mcg 3% • Copper 0.23mg 20% • Manganese 0.49mg 21% Chloride 490mg 21% • Choline 0mg 0%				

Nutri-Score	
Fruit, Veget., Legumes	Nutri-Score
≤40 %	NUTRI-SCORE A B C D E
>40 %	NUTRI-SCORE A B C D E
>60 %	NUTRI-SCORE A B C D E
>80 %	NUTRI-SCORE A B C D E

Ingredients and Allergens

Butternut Squash, Spinach, Cabbage, Water, Baby Sweetcorn, Mustard Greens, Raw, Tomatoes, Rapeseed Oil, Garlic, Butter (**Milk**), Ginger, Cornmeal, Green Chilli, Salt, Ground Coriander, Ground Cumin, Cumin Seeds, Dried Red Chillies, Chilli Powder, Turmeric. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

Nutrients

	per 100g	per 300 g serving
Energy	208.3kJ	624.9kJ
Calories	49.7kcal	149.2kcal
Protein	2.1g	6.2g
Carbohydrate	4.1g	12.3g
Sugars	2.0g	6.0g
Starch	1.4g	4.1g
Added Sugar	0.0g	0.0g
Total Fat	3.0g	9.0g
Saturated Fat	0.5g	1.6g
Fatty Acids	1.4g	4.2g
Monounsaturated		
Fatty Acids	0.8g	2.3g
Polyunsaturated		
Trans Fat	0.0g	0.1g
Dietary Fiber	1.9g	5.7g
Sodium	96.2mg	288.6mg
Salt	0.24g	0.73g
Cholesterol	1.5mg	4.6mg
Vitamin A	1754.8IU	5264.4IU
Vitamin A RAE	530.5µg	1591.5µg
Carotene	3078.6µg	9235.9µg
Alpha Carotene	620.9µg	1862.7µg
Beta Carotene	2038.0µg	6114.1µg
Retinol	6.9µg	20.6µg
Beta Cryptoxanthin	2.6µg	7.7µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.0mg	0.1mg
Niacin	1.0mg	3.1mg
Pantothenic Acid	0.2mg	0.6mg
Vitamin B6	0.1mg	0.4mg
Folic Acid	0.0µg	0.0µg
Dietary Folate Equivalents	0.0µg	0.0µg
Food Folate	0.8µg	2.3µg
Folate	25.9µg	77.8µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	18.5mg	55.6mg
Vitamin D	0.3IU	0.8IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	1.7mg	5.2mg
Biotin	0.2µg	0.6µg
Vitamin K	260.4µg	781.2µg
Calcium	74.7mg	224.1mg
Chloride	163.3mg	489.8mg
Choline	0.0µg	0.1µg
Copper	0.1mg	0.2mg
Iodine	1.1µg	3.4µg
Iron	1.2mg	3.5mg
Magnesium	26.6mg	79.8mg
Manganese	0.2mg	0.5mg
Nitrogen	0.3g	0.9g
Phosphorus	40.9mg	122.8mg
Potassium	283.4mg	850.1mg
Selenium	0.5µg	1.4µg
Tryptophan/60	0.4mg	1.2mg
Zinc	0.3mg	1.0mg
Ash	0.0g	0.0g
Lutein Zeaxanthin	244.1µg	732.3µg
Lycopene	31.2µg	93.5µg
Water	86.4g	259.3g
Ethanol	0.0g	0.0g

34.4%	103.1g	Squash, butternut, baked
28.6%	85.9g	Spinach, frozen, boiled in unsalted water
7.16%	21.5g	Cabbage, green, raw
7.16%	21.5g	Water, tap, drinking
7.16%	21.5g	Sweetcorn, baby, fresh and frozen, boiled in unsalted water
6.44%	19.3g	Mustard greens, raw
2.15%	6.44g	Tomatoes, canned, whole contents
1.96%	5.87g	Oil, rapeseed
1.43%	4.3g	Garlic, raw
0.716%	2.15g	Butter, unsalted
0.716%	2.15g	Ginger, fresh
0.716%	2.15g	Garlic, raw
0.358%	1.07g	Cornmeal, sifted
0.215%	0.644g	Peppers, capsicum, chilli, green, raw
0.215%	0.644g	Salt
0.179%	0.537g	Ground Coriander
0.143%	0.43g	Ground Cumin
0.107%	0.322g	Cumin seeds
0.072%	0.215g	Crushed Red Chillies, Dried
0.072%	0.215g	Chilli powder
0.036%	0.107g	Turmeric, ground