Dhal Bhagara - Yellow lentils spiced with cumin tempered with garlic, roasted chilli and curry leaves

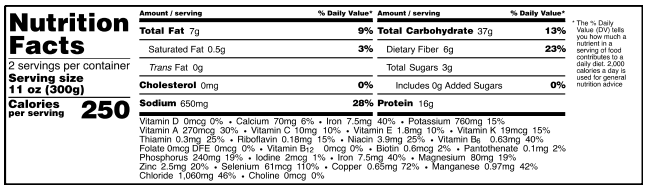
Serving Size

Serving size	300g

Container Size

Container size	600.0g
Number of servings	2

Graphics



Nutrition Facts

2 servings per container
Serving size
11 oz (300g)
Calories per serving **250**

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 7g	**9%**	**Total Carbohydrate** 37g	**13%**
Saturated Fat 0.5g	**3%**	Dietary Fiber 6g	**23%**
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	**0%**	Includes 0g Added Sugars	**0%**
Sodium 650mg	**28%**	**Protein** 16g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 7.5mg 40% • Potassium 760mg 15%
Vitamin A 270mcg 30% • Vitamin C 10mg 10% • Vitamin E 1.8mg 10% • Vitamin K 19mcg 15%
Thiamin 0.3mg 25% • Riboflavin 0.18mg 15% • Niacin 3.9mg 25% • Vitamin B_6 0.83mg 40%
Folate 0mcg DFE 0mcg 0% • Vitamin B_{12} 0mcg 0% • Biotin 0.6mcg 2% • Pantothenate 0.1mg 2%
Phosphorus 240mg 19% • Iodine 2mcg 1% • Iron 7.5mg 40% • Magnesium 80mg 19%
Zinc 2.5mg 20% • Selenium 61mcg 110% • Copper 0.65mg 72% • Manganese 0.97mg 42%
Chloride 1,060mg 46% • Choline 0mcg 0%

Ingredients and Allergens

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

57.5%	172.5g	Water, tap, drinking
19.2%	57.5g	Lentils, green and brown, whole, dried, raw
6.39%	19.2g	Tomatoes, canned, whole contents
5.32%	16g	Tomatoes, standard, raw
3.19%	9.58g	Garlic, raw
2.66%	7.99g	Onions, raw
1.94%	5.82g	Oil, rapeseed
1.06%	3.19g	Ginger, fresh
1.06%	3.19g	Coriander leaves, fresh
0.532 %	1.6g	Salt
0.373 %	1.12g	Peppers, capsicum, chilli, green, raw
0.213%	0.639 g	Curry leaves, fresh
0.16%	0.479 g	Cumin seeds
0.128 %	0.383 g	Turmeric, ground
0.106 %	0.319g	Crushed Red Chillies, Dried
0.053 %	0.16g	Chilli powder

Nutrients

	per 100g	per 300 g serving
Energy	345.5kJ	1036.6kJ
Calories	81.8kcal	245.5kcal
Protein	5.2g	15.5g
Carbohydrate	10.2g	30.6g
Sugars	0.9g	2.7g
Starch	8.2g	24.7g
Added Sugar	0.0g	0.0g
Total Fat	2.4g	7.3g
Saturated Fat	0.2g	0.5g
Monounsaturated Fats	1.2g	3.7g
Polyunsaturated Fats	0.8g	2.3g
Trans Fat	trace	trace
Dietary Fiber	2.1g	6.3g
Sodium	217.8mg	653.3mg
Salt	0.6g	1.7g
Cholesterol	0.0mg	0.0mg
Vitamin A	88.7IU	266.2IU
Vitamin A RAE	18.2µg	54.5µg
Carotene	109.2µg	327.6µg
Alpha Carotene	0.4µg	1.2µg
Beta Carotene	79.5µg	238.6µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.2mg
Niacin	1.3mg	3.9mg
Pantothenic Acid	0.0mg	0.1mg
Vitamin B6	0.2mg	0.6mg
Folic Acid	0.0µg	0.0µg
Dietary Folate Equivalents	0.0µg	0.0µg
Food Folate	0.0µg	0.0µg
Folate	24.6µg	73.7µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	3.3mg	10.0mg
Vitamin D	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	0.6mg	1.8mg
Biotin	0.2µg	0.6µg
Vitamin K	6.4µg	19.1µg
Calcium	23.6mg	70.8mg
Chloride	352.3mg	1056.9mg
Choline	0.0µg	0.0µg
Copper	0.2mg	0.6mg
Iodine	0.7µg	2.0µg
Iron	2.5mg	7.5mg
Magnesium	26.3mg	78.9mg
Manganese	0.3mg	1.0mg
Nitrogen	0.8g	2.5g
Phosphorus	78.7mg	236.2mg
Potassium	251.7mg	755.0mg
Selenium	20.2µg	60.6µg
Tryptophan/60	0.7mg	2.2mg

0.043 %	0.128g	Ground Cumin
0.043 %	0.128g	Ground Coriander
0.043 %	0.128g	Garam masala
0.001 %	0.003 g	Asafoetida

Zinc	0.8mg	2.5mg
Ash	0.0g	0.0g
Lutein Zeaxanthin	16.9µg	50.8µg
Lycopene	119.7µg	359.1µg
Water	76.7g	230.2g
Ethanol	0.0g	0.0g