

Gobhi Mattar - Punjabi style roasted cauliflower and green pea cooked in a tomato and caramelised onion curry

Serving Size

Nutrients

Serving size 300g

Container Size

Container size 600.0g

Number of servings 2

Graphics

Nutrition Facts		Amount / serving		% Daily Value*	
Total Fat 8g		11%		Total Carbohydrate 25g 9%	
Saturated Fat 1.0g		4%		Dietary Fiber 7g 25%	
Trans Fat 0g				Total Sugars 12g	
Cholesterol 0mg		0%		Includes 0g Added Sugars 0%	
Sodium 390mg		17%		Protein 6g	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories is used for general nutrition advice.</small>					
2 servings per container Serving size 11 oz (300g) Calories 170 per serving					
<small>Vitamin D 0mcg 0% • Calcium 90mg 8% • Iron 3.0mg 15% • Potassium 690mg 15% Vitamin A 360mcg 40% • Vitamin C 50mg 60% • Vitamin E 2.6mg 15% • Vitamin K 54mcg 45% Thiamin 0.36mg 30% • Riboflavin 0.12mg 8% • Niacin 3.1mg 20% • Vitamin B6 0.39mg 25% Folate 5mcg DFE 5mcg 1% • Vitamin B12 0mcg 0% • Biotin 2.3mcg 8% • Pantothenate 0.8mg 15% Phosphorus 140mg 11% • Iodine 3mcg 2% • Iron 3.0mg 15% • Magnesium 50mg 12% Zinc 0.9mg 8% • Selenium 2mcg 3% • Copper 0.34mg 40% • Manganese 0.58mg 25% Chloride 580mg 25% • Choline 10mcg 2%</small>					

	per 100g	per 300 g serving
Energy	232.6kJ	697.9kJ
Calories	55.5kcal	166.5kcal
Protein	2.1g	6.4g
Carbohydrate	5.8g	17.4g
Sugars	3.8g	11.5g
Starch	0.8g	2.5g
Added Sugar	0.0g	0.0g
Total Fat	2.8g	8.4g
Saturated Fat	0.3g	0.8g
Monounsaturated	1.4g	4.2g
Fats		
Polyunsaturated Fats	0.9g	2.8g
Trans Fat	trace	trace
Dietary Fiber	2.4g	7.1g
Sodium	131.0mg	392.9mg
Salt	0.33g	1.00g
Cholesterol	0.0mg	0.0mg
Vitamin A	118.9IU	356.6IU
Vitamin A RAE	18.3µg	55.0µg
Carotene	100.4µg	301.3µg
Alpha Carotene	0.4µg	1.3µg
Beta Carotene	67.6µg	202.7µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.4mg
Riboflavin	0.0mg	0.1mg
Niacin	1.0mg	3.1mg
Pantothenic Acid	0.3mg	0.8mg
Vitamin B6	0.1mg	0.4mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	1.9µg	5.8µg
Equivalent		
Food Folate	1.9µg	5.8µg
Folate	27.6µg	82.8µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	16.7mg	50.2mg
Vitamin D	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	0.8mg	2.5mg
Biotin	0.8µg	2.3µg
Vitamin K	18.2µg	54.5µg
Calcium	31.5mg	94.5mg
Chloride	192.5mg	577.5mg
Choline	1.9µg	5.7µg
Copper	0.1mg	0.2mg
Iodine	0.9µg	2.8µg
Iron	1.0mg	3.0mg
Magnesium	16.7mg	50.0mg
Manganese	0.2mg	0.6mg
Nitrogen	0.3g	0.9g
Phosphorus	45.9mg	137.6mg
Potassium	225.7mg	677.0mg

Ingredients and Allergens

Cauliflower, Onion, Tomatoes, Peas, Garlic, Rapeseed Oil, Ginger, Coriander Leaves, Green Chilli, Amchur Powder, Ground Coriander, Salt, Cumin Seeds, Dried Red Chillies, Chilli Powder, Ground Cumin, Turmeric, Garam Masala, Cardamon, Cinnamon, Black Pepper, Bay Leaf, Cloves.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

38.5%	115.6g	Cauliflower, boiled in unsalted water
28.5%	85.4g	Onions, raw
14.8%	44.5g	Tomatoes, crushed, canned
8.89%	26.7g	Peas, frozen, boiled in unsalted water
2.37%	7.11g	Garlic, raw
2.16%	6.48g	Oil, rapeseed
1.19%	3.56g	Ginger, fresh
1.19%	3.56g	Coriander leaves, fresh
0.889	2.67g	Peppers, capsicum, chilli, green, raw
%		
0.296	0.889	Amchur Powder
%	g	
0.267	0.8g	Ground Coriander
%		
0.237	0.711g	Salt
%		
0.119%	0.356	Cumin seeds
	g	
0.119%	0.356	Crushed Red Chillies, Dried
	g	

0.119%	0.356	Chilli powder	Selenium	0.5µg	1.6µg
	g		Tryptophan/60	0.4mg	1.2mg
0.119%	0.356	Ground Cumin	Zinc	0.3mg	0.9mg
	g		Ash	0.2g	0.6g
0.104	0.311g	Turmeric, ground	Lutein Zeaxanthin	27.7µg	83.0µg
%			Lycopene	756.7µg	2270.0µg
0.089	0.267	Garam masala	Water	85.4g	256.1g
%	g		Ethanol	0.0g	0.0g
0.018	0.053	Cardamon, ground			
%	g				
0.012	0.036	Cinnamon, ground			
%	g				
0.009	0.027	Pepper, black			
%	g				
0.006	0.018g	Bay leaf, dried			
%					
0.006	0.018g	Cloves, dried			
%					

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