

Channai Brinjal Massala - Madras style baby aubergine and cauliflower curry, roasted aubergine and cauliflower simmered in tempered cocnut milk with tomato and tamarind

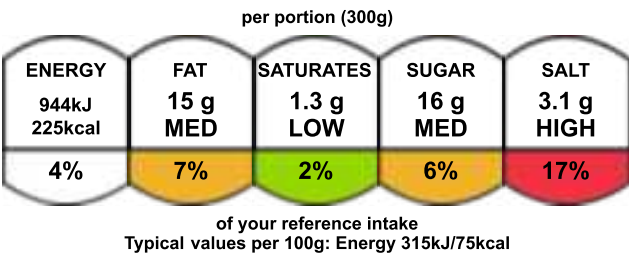
Serving Size

Serving size	300g
Number of servings	400.68

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Tomatoes, Cauliflower, Coconut Milk, Onion, Aubergine, Tamarind, Rapeseed Oil, Garlic, Salt, Ginger, Tomato Purée, Chilli Powder, Ground Coriander, Curry Leaves, Mustard Seeds (**Mustard**), Ground Cumin, Garam Masala, Dried Red Chillies, Turmeric, Cumin Seeds, Fennel Seeds, Fenugreek Seeds, Bay Leaf, Black Pepper, Cardamom Seeds.

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

25%	74.9g	Tomatoes, crushed, canned
22.5%	67.4g	Cauliflower, boiled in unsalted water
22.5%	67.4g	Coconut milk
13.3%	39.9g	Onions, raw
6.66%	20g	Aubergine, fried in rapeseed oil
2.5%	7.49g	Tamarind pulp, flesh only
2.27%	6.82g	Oil, rapeseed
1.66%	4.99g	Garlic, raw
0.832%	2.5g	Salt
0.624%	1.87g	Ginger, fresh
0.416%	1.25g	Tomato puree
0.25%	0.749g	Chilli powder
0.25%	0.749g	Ground Coriander

Nutrients

	per 100g	per 300 g serving
Energy	314.64kJ	943.91kJ
Calories	75.13kcal	225.40kcal
Protein	1.62g	4.85g
Total Carbohydrate	0.00g	0.00g
Available Carbohydrate	6.45g	19.34g
Sugars	5.30g	15.90g
Starch	0.27g	0.81g
Added Sugar	0.00g	0.00g
Total Fat	5.02g	15.06g
Saturated Fat	0.42g	1.26g
Monounsaturated Fats	2.61g	7.82g
Polyunsaturated Fats	1.51g	4.54g
Trans Fat	trace	trace
Dietary Fiber	1.59g	4.77g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	411.45mg	1234.36mg
Salt	1.05g	3.14g
Cholesterol	0.00mg	0.00mg
Vitamin A	132.20IU	396.60IU
Vitamin A RAE	16.40µg	49.20µg
Carotene	82.86µg	248.59µg
Alpha Carotene	trace	trace
Beta Carotene	39.56µg	118.69µg
Retinol	0.00µg	0.00µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.08mg	0.24mg
Riboflavin	0.05mg	0.15mg
Niacin	0.77mg	2.31mg
Pantothenic Acid	0.20mg	0.60mg
Vitamin B6	0.11mg	0.33mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	3.24µg	9.73µg
Equivalents		
Food Folate	3.25µg	9.75µg
Folate	16.48µg	49.43µg
Vitamin B12	0.00µg	0.00µg
Vitamin C	10.63mg	31.90mg
Vitamin D	0.00IU	0.00IU
Vitamin D MCG	0.00µg	0.00µg
Vitamin E	1.38mg	4.14mg
Biotin	0.43µg	1.29µg
Vitamin K	10.75µg	32.26µg
Calcium	38.19mg	114.57mg
Chloride	577.05mg	1731.14mg
Choline	3.22µg	9.66µg
Copper	0.09mg	0.27mg
Iodine	0.75µg	2.25µg
Iron	1.14mg	3.43mg

0.208%	0.624g	Curry leaves, fresh	Iron	1.14mg	3.43mg
0.166%	0.499g	Mustard seeds	Magnesium	22.22mg	66.66mg
			Manganese	0.17mg	0.51mg
0.166%	0.499g	Ground Cumin	Nitrogen	0.20g	0.59g
			Phosphorus	42.37mg	127.12mg
0.166%	0.499g	Garam masala	Potassium	259.80mg	779.39mg
			Selenium	0.48µg	1.45µg
0.125%	0.374g	Crushed Red Chillies, Dried	Tryptophan/60	0.25mg	0.74mg
0.125%	0.374g	Turmeric, ground	Zinc	0.24mg	0.73mg
0.083%	0.25g	Cumin seeds	Ash	0.35g	1.04g
			Lutein Zeaxanthin	45.66µg	136.98µg
0.083%	0.25g	Fennel seeds	Lycopene	1298.64µg	3895.93µg
			Water	82.38g	247.14g
0.083%	0.25g	Fenugreek seeds	Ethanol	0.00g	0.00g
0.083%	0.25g	Bay leaf, dried			
0.042%	0.125g	Pepper, black			
0.017%	0.05g	Cardamom seeds			

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