

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

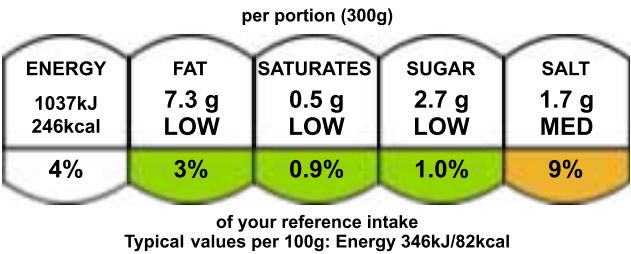
Serving Size

Serving size	300g
Number of servings	313.04

Container Size

Container size	600.0g
Number of servings	2

Graphics



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%	0.639g	Curry leaves, fresh
0.16%	0.479g	Cumin seeds
0.128%	0.383g	Turmeric, ground
0.106%	0.319g	Crushed Red Chillies, Dried
0.053%	0.16g	Chilli powder
%		
0.043%	0.128g	Ground Cumin
%		
0.045%	0.128g	Ground Coriander

Nutrients

	per 100g	per 300 g serving
Energy	345.54kJ	1036.63kJ
Calories	81.84kcal	245.51kcal
Protein	5.18g	15.53g
Total Carbohydrate	0.00g	0.00g
Available	10.21g	30.62g
Carbohydrate		
Sugars	0.89g	2.66g
Starch	8.25g	24.74g
Added Sugar	0.00g	0.00g
Total Fat	2.43g	7.30g
Saturated Fat	0.18g	0.55g
Monounsaturated	1.25g	3.74g
Fats		
Polyunsaturated Fats	0.76g	2.28g
Trans Fat	trace	trace
Dietary Fiber	2.12g	6.35g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	217.78mg	653.34mg
Salt	0.55g	1.66g
Cholesterol	0.00mg	0.00mg
Vitamin A	88.73IU	266.19IU
Vitamin A RAE	18.17µg	54.50µg
Carotene	109.18µg	327.55µg
Alpha Carotene	0.38µg	1.15µg
Beta Carotene	79.54µg	238.62µg
Retinol	0.00µg	0.00µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.10mg	0.30mg
Riboflavin	0.06mg	0.18mg
Niacin	1.30mg	3.90mg
Pantothenic Acid	0.03mg	0.10mg
Vitamin B6	0.21mg	0.63mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.01µg	0.02µg
Folate	24.58µg	73.74µg
Vitamin B12	0.00µg	0.00µg
Vitamin C	3.35mg	10.05mg
Vitamin D	0.00IU	0.00IU
Vitamin D MCG	0.00µg	0.00µg
Vitamin E	0.59mg	1.77mg
Biotin	0.19µg	0.57µg
Vitamin K	6.37µg	19.10µg
Calcium	23.62mg	70.85mg
Chloride	352.31mg	1056.94mg
Choline	0.00µg	0.00µg
Copper	0.22mg	0.65mg
Iodine	0.68µg	2.04µg
Iron	2.51mg	7.53mg
Magnesium	26.30mg	78.89mg
Manganese	0.32mg	0.97mg
Nitrogen	0.83g	2.49g

0.043	0.128g	Ground Coriander	Phosphorus	78.73mg	236.20mg
%			Potassium	251.67mg	755.02mg
0.043	0.128g	Garam masala	Selenium	20.19µg	60.58µg
%			Tryptophan/60	0.73mg	2.18mg
0.001%	0.003	Asafoetida	Zinc	0.82mg	2.47mg
	g		Ash	0.01g	0.02g
			Lutein Zeaxanthin	16.93µg	50.79µg
			Lycopene	119.70µg	359.09µg
			Water	76.73g	230.19g
			Ethanol	0.00g	0.00g