

Dhal Makhni - One of Indias favourite dishes, black lentils simmered overnight with tomato, butter and cream then tempered with garlic and ground kashmiri chilli

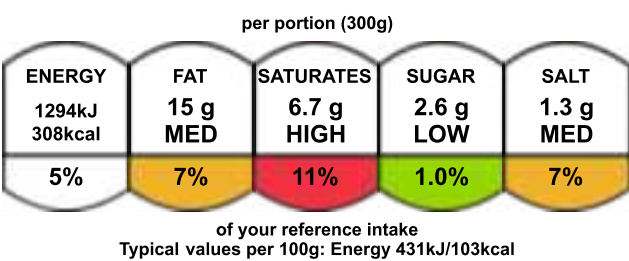
Serving Size

Serving size	300g
Number of servings	525.57

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Water, Lentils, Tomatoes, Cream (**Milk**), Garlic, Butter (**Milk**), Ginger, Rapeseed Oil, Salt, Chilli Powder, Tomato Purée, Fenugreek Leaves, Caraway Seeds, Cumin Seeds. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

53.9%	161.7g	Water, tap, drinking
17.8%	53.3g	Lentils, green and brown, whole, dried, raw
9.51%	28.5g	Tomatoes, canned, whole contents
6.34%	19g	Cream, fresh, single
6.03%	18.1g	Garlic, raw
2.54%	7.61g	Butter, unsalted
1.27%	3.81g	Ginger, fresh
1.16%	3.47g	Oil, rapeseed
0.381%	1.14g	Salt
0.317%	0.951g	Chilli powder
0.317%	0.951g	Tomato puree
0.19%	0.571g	Fenugreek leaves, raw
0.159%	0.476g	Caraway seeds
0.127%	0.381g	Cumin seeds

Nutrients

	per 100g	per 300 g serving
Energy	431.34kJ	1294.01kJ
Calories	102.80kcal	308.39kcal
Protein	5.26g	15.79g
Total Carbohydrate	0.00g	0.00g
Available	9.83g	29.48g
Carbohydrate		
Sugars	0.87g	2.61g
Starch	8.06g	24.19g
Added Sugar	0.00g	0.00g
Total Fat	4.94g	14.83g
Saturated Fat	2.22g	6.67g
Monounsaturated	1.63g	4.90g
Fats		
Polyunsaturated Fats	0.65g	1.95g
Trans Fat	0.12g	0.35g
Dietary Fiber	2.07g	6.20g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	169.99mg	509.96mg
Salt	0.43g	1.30g
Cholesterol	8.89mg	26.68mg
Vitamin A	215.34IU	646.01IU
Vitamin A RAE	64.60µg	193.80µg
Carotene	130.83µg	392.49µg
Alpha Carotene	trace	trace
Beta Carotene	70.21µg	210.64µg
Retinol	42.76µg	128.28µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.10mg	0.30mg
Riboflavin	0.07mg	0.22mg
Niacin	1.28mg	3.84mg
Pantothenic Acid	0.04mg	0.11mg
Vitamin B6	0.21mg	0.63mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	21.56µg	64.69µg
Vitamin B12	0.03µg	0.10µg
Vitamin C	2.52mg	7.56mg
Vitamin D	1.67IU	5.02IU
Vitamin D MCG	0.04µg	0.13µg
Vitamin E	0.49mg	1.46mg
Biotin	0.34µg	1.01µg
Vitamin K	2.40µg	7.21µg
Calcium	26.90mg	80.71mg
Chloride	280.59mg	841.77mg
Choline	0.00µg	0.00µg
Copper	0.20mg	0.61mg
Iodine	1.60µg	4.79µg
Iron	2.36mg	7.08mg

Iron	2.50mg	7.00mg
Magnesium	25.03mg	75.08mg
Manganese	0.30mg	0.91mg
Nitrogen	0.84g	2.53g
Phosphorus	82.82mg	248.46mg
Potassium	251.98mg	755.93mg
Selenium	18.77µg	56.31µg
Tryptophan/60	0.75mg	2.24mg
Zinc	0.82mg	2.45mg
Ash	0.00g	0.00g
Lutein Zeaxanthin	20.02µg	60.06µg
Lycopene	156.57µg	469.70µg
Water	74.72g	224.16g
Ethanol	0.00g	0.00g

generated by alacalc.com
10 September, 2026 14:12