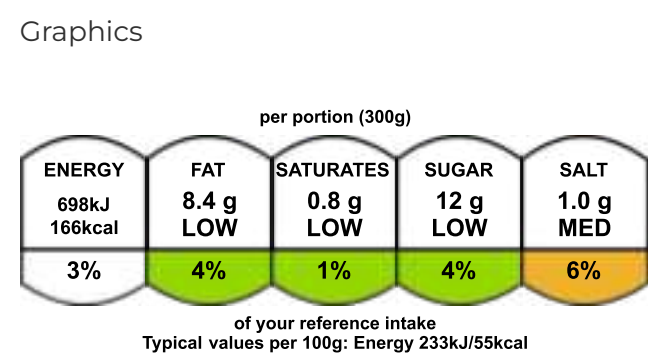


Gobhi Mattar - Punjabi style roasted cauliflower and green pea cooked in a tomato and caramelised onion curry

Serving Size	
Serving size	300g
Number of servings	562.35

Container Size	
Container size	600.0g
Number of servings	2



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%	0.889g	Amchur Powder
0.267%	0.8g	Ground Coriander
0.237%	0.711g	Salt
0.119%	0.356g	Cumin seeds
0.119%	0.356g	Crushed Red Chillies, Dried
0.119%	0.356g	Chilli powder

Nutrients		
	per 100g	per 300 g serving
Energy	232.63kJ	697.89kJ
Calories	55.49kcal	166.48kcal
Protein	2.14g	6.41g
Total Carbohydrate	0.00g	0.00g
Available	5.80g	17.41g
Carbohydrate		
Sugars	3.84g	11.53g
Starch	0.82g	2.45g
Added Sugar	0.00g	0.00g
Total Fat	2.81g	8.44g
Saturated Fat	0.26g	0.77g
Monounsaturated	1.40g	4.21g
Fats		
Polyunsaturated Fats	0.94g	2.82g
Trans Fat	trace	trace
Dietary Fiber	2.38g	7.14g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	130.97mg	392.90mg
Salt	0.33g	1.00g
Cholesterol	0.00mg	0.00mg
Vitamin A	118.85IU	356.56IU
Vitamin A RAE	18.32µg	54.95µg
Carotene	100.44µg	301.33µg
Alpha Carotene	0.43µg	1.28µg
Beta Carotene	67.58µg	202.74µg
Retinol	0.00µg	0.00µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.12mg	0.36mg
Riboflavin	0.04mg	0.12mg
Niacin	1.04mg	3.11mg
Pantothenic Acid	0.25mg	0.76mg
Vitamin B6	0.13mg	0.39mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	1.93µg	5.78µg
Equivalents		
Food Folate	1.93µg	5.80µg
Folate	27.60µg	82.79µg
Vitamin B12	0.00µg	0.00µg
Vitamin C	16.74mg	50.22mg
Vitamin D	0.00IU	0.00IU
Vitamin D MCG	0.00µg	0.00µg
Vitamin E	0.84mg	2.52mg
Biotin	0.78µg	2.35µg
Vitamin K	18.15µg	54.45µg
Calcium	31.49mg	94.48mg
Chloride	192.50mg	577.49mg
Choline	1.91µg	5.73µg
Copper	0.08mg	0.24mg
Iodine	0.92µg	2.77µg
Iron	1.00mg	3.01mg
Magnesium	16.68mg	50.04mg

0.119%	0.356g	Ground Cumin	Manganese	0.19mg	0.58mg
0.104%	0.311g	Turmeric, ground	Nitrogen	0.30g	0.91g
0.089%	0.267g	Garam masala	Phosphorus	45.86mg	137.59mg
			Potassium	225.67mg	677.00mg
0.018%	0.053g	Cardamon, ground	Selenium	0.53µg	1.58µg
0.012%	0.036g	Cinnamon, ground	Tryptophan/60	0.41mg	1.22mg
0.009%	0.027g	Pepper, black	Zinc	0.29mg	0.87mg
			Ash	0.21g	0.62g
0.006%	0.018g	Bay leaf, dried	Lutein Zeaxanthin	27.65µg	82.96µg
			Lycopene	756.65µg	2269.95µg
0.006%	0.018g	Cloves, dried	Water	85.38g	256.14g
			Ethanol	0.00g	0.00g

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