

MALABA ISHTU - Traditional coastal vegetable curry with okra, gourd, carrot, butter beans and corn simmered in tempered coconut milk

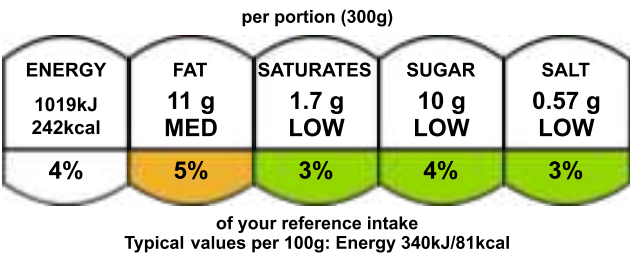
Serving Size

Serving size	300g
Number of servings	336.65

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Onion, Mushrooms, White Button, Okra, Gourd, Plantain, Sweet Potato, Yam, Tomatoes, Rapeseed Oil, Garlic, Ginger, Mango, Dried, Coconut Oil, Chilli Powder, Ground Coriander, Curry Leaves, Salt, Turmeric, Ground Cumin, Garam Masala, Black Pepper, Fennel Powder (soonf), Coconut Milk, Cumin Seeds, Fennel Seeds, Mustard Seeds (**Mustard**), Fenugreek Seeds, Dried Red Chillies, Cardamon, Bay Leaf.

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

24.8%	74.3g	Onions, raw
11.9%	35.6g	Mushrooms, white button
9.9%	29.7g	Okra, raw
9.9%	29.7g	Gourd, bottle, raw
9.9%	29.7g	Plantain, green flesh, raw
9.9%	29.7g	Sweet potato, raw, flesh only
9.9%	29.7g	Yam, flesh only, raw
5.94%	17.8g	Tomatoes, canned, whole contents
2.71%	8.12g	Oil, rapeseed
0.99%	2.97g	Garlic, raw
0.99%	2.97g	Ginger, fresh
0.99%	2.97g	Garlic, raw
0.495	1.49g	Mango, dried
%		
0.362	1.09g	Oil, coconut
%		

Nutrients

	per 100g	per 300 g serving
Energy	339.79kJ	1019.36kJ
Calories	80.72kcal	242.15kcal
Protein	1.68g	5.05g
Total Carbohydrate	0.00g	0.00g
Available	11.42g	34.26g
Carbohydrate		
Sugars	3.46g	10.37g
Starch	6.38g	19.14g
Added Sugar	0.00g	0.00g
Total Fat	3.50g	10.51g
Saturated Fat	0.57g	1.72g
Monounsaturated	1.70g	5.11g
Fats		
Polyunsaturated Fats	0.93g	2.78g
Trans Fat	trace	trace
Dietary Fiber	1.69g	5.07g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	75.19mg	225.57mg
Salt	0.19g	0.57g
Cholesterol	0.00mg	0.00mg
Vitamin A	313.25IU	939.76IU
Vitamin A RAE	91.95µg	275.85µg
Carotene	550.28µg	1650.83µg
Alpha Carotene	3.02µg	9.07µg
Beta Carotene	500.86µg	1502.58µg
Retinol	0.00µg	0.00µg
Beta Cryptoxanthin	0.14µg	0.43µg
Thiamin	0.11mg	0.34mg
Riboflavin	0.08mg	0.24mg
Niacin	1.17mg	3.50mg
Pantothenic Acid	0.18mg	0.53mg
Vitamin B6	0.14mg	0.41mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	4.47µg	13.42µg
Folate	22.29µg	66.87µg
Vitamin B12	0.00µg	0.00µg
Vitamin C	8.75mg	26.26mg
Vitamin D	0.10IU	0.31IU
Vitamin D MCG	0.00µg	0.01µg
Vitamin E	0.83mg	2.48mg
Biotin	0.33µg	0.99µg
Vitamin K	3.73µg	11.19µg
Calcium	38.67mg	116.01mg
Chloride	140.42mg	421.25mg
Choline	0.12µg	0.35µg
Copper	0.12mg	0.35mg
Iodine	1.00µg	2.99µg
Iron	0.82mg	2.47mg
Magnesium	22.77mg	68.31mg

0.198%	0.594g	Chilli powder	Manganese	0.14mg	0.41mg
0.198%	0.594g	Ground Coriander	Nitrogen	0.21g	0.63g
0.198%	0.594g	Curry leaves, fresh	Phosphorus	43.80mg	131.40mg
0.149%	0.446g	Salt	Potassium	294.22mg	882.65mg
0.149%	0.446g	Turmeric, ground	Selenium	2.83µg	8.48µg
0.099%	0.297g	Ground Cumin	Tryptophan/60	0.26mg	0.77mg
0.059%	0.178g	Garam masala	Zinc	0.35mg	1.06mg
0.05%	0.149g	Pepper, black	Ash	0.10g	0.30g
0.05%	0.149g	Fennel powder (soonf)	Lutein Zeaxanthin	10.65µg	31.96µg
0.035%	0.104g	Coconut milk	Lycopene	86.20µg	258.61µg
0.03%	0.089g	Cumin seeds	Water	79.57g	238.70g
0.03%	0.089g	Fennel seeds	Ethanol	0.00g	0.00g
0.03%	0.089g	Mustard seeds			
0.03%	0.089g	Fenugreek seeds			
0.03%	0.089g	Crushed Red Chillies, Dried			
0.03%	0.089g	Cardamon, ground			
0.02%	0.059g	Bay leaf, dried			