

PUNJABI SUBJI- North Indian mixed vegetable curry.

Cauliflower, carrot, potato, peas, hispi cabbage & bell peppers all cooked with North Indian spices

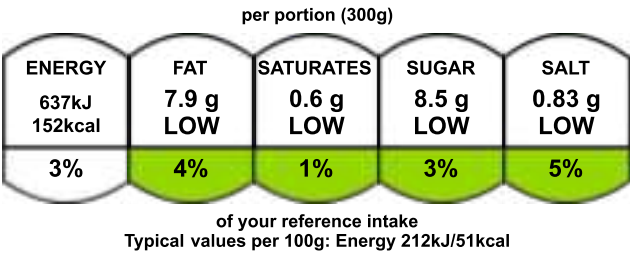
Serving Size

Serving size	300g
Number of servings	397.44

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Onion, Cauliflower, Frozen, Cooked, No Added Fat, Potato, Carrots, Tomatoes, Green Beans, Aubergine, Peppers, Bell, Green, Raw, Peppers, Bell, Yellow, Raw, Peppers, Bell, Red, Raw, Peppers, Bell, Orange, Raw, Rapeseed Oil, Garlic, Ginger, Coriander Leaves, Lemon Juice, Ground Coriander, Salt, Green Chilli, Cumin Seeds, Turmeric, Ground Cumin, Garam Masala, Chilli Powder, Bay Leaf. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

21%	62.9g	Onions, raw
12.6%	37.7g	Cauliflower, frozen, cooked, no added fat
10.9%	32.7g	Potatoes, new and salad, boiled in unsalted water, flesh and skin
10.1%	30.2g	Carrots, young, raw
8.39%	25.2g	Tomatoes, canned, whole contents
8.39%	25.2g	Beans, green, raw
8.39%	25.2g	Aubergine, raw
4.19%	12.6g	Tomatoes, standard, raw
2.52%	7.55g	Peppers, bell, green, raw
2.52%	7.55g	Peppers, bell, yellow, raw
2.52%	7.55g	Peppers, bell, red, raw
2.52%	7.55g	Peppers, bell, orange, raw
2.29%	6.88g	Oil, rapeseed
0.839	2.52g	Garlic, raw
%		

Nutrients

	per 100g	per 300 g serving
Energy	212.42kJ	637.25kJ
Calories	50.69kcal	152.07kcal
Protein	1.34g	4.02g
Total Carbohydrate	0.00g	0.00g
Available	5.94g	17.82g
Carbohydrate		
Sugars	2.83g	8.48g
Starch	1.64g	4.92g
Added Sugar	0.00g	0.00g
Total Fat	2.65g	7.94g
Saturated Fat	0.20g	0.60g
Monounsaturated	1.43g	4.30g
Fats		
Polyunsaturated Fats	0.81g	2.43g
Trans Fat	trace	trace
Dietary Fiber	2.01g	6.03g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	109.28mg	327.83mg
Salt	0.28g	0.83g
Cholesterol	0.00mg	0.00mg
Vitamin A	496.00IU	1488.00IU
Vitamin A RAE	148.80µg	446.40µg
Carotene	893.21µg	2679.64µg
Alpha Carotene	345.76µg	1037.28µg
Beta Carotene	690.93µg	2072.80µg
Retinol	0.00µg	0.00µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.08mg	0.24mg
Riboflavin	0.04mg	0.12mg
Niacin	0.70mg	2.10mg
Pantothenic Acid	0.13mg	0.40mg
Vitamin B6	0.11mg	0.34mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	7.95µg	23.86µg
Folate	24.16µg	72.49µg
Vitamin B12	0.00µg	0.00µg
Vitamin C	22.78mg	68.34mg
Vitamin D	0.00IU	0.00IU
Vitamin D MCG	0.00µg	0.00µg
Vitamin E	0.84mg	2.51mg
Biotin	0.56µg	1.69µg
Vitamin K	9.44µg	28.31µg
Calcium	26.67mg	80.01mg
Chloride	172.79mg	518.38mg
Choline	4.20µg	12.61µg
Copper	0.05mg	0.16mg
Iodine	1.33µg	3.98µg
Iron	0.77mg	2.31mg
Magnesium	14.39mg	43.17mg

0.839%	2.52g	Ginger, fresh	Manganese	0.14mg	0.43mg
			Nitrogen	0.17g	0.51g
0.419%	1.26g	Coriander leaves, fresh	Phosphorus	29.93mg	89.79mg
0.419%	1.26g	Lemon juice, fresh	Potassium	226.38mg	679.13mg
0.252%	0.755g	Ground Coriander	Selenium	0.37µg	1.12µg
			Tryptophan/60	0.20mg	0.60mg
0.21%	0.629g	Salt	Zinc	0.21mg	0.64mg
0.168%	0.503g	Peppers, capsicum, chilli, green, raw	Ash	0.04g	0.11g
0.126%	0.377g	Cumin seeds	Lutein Zeaxanthin	36.82µg	110.46µg
0.126%	0.377g	Turmeric, ground	Lycopene	142.96µg	428.87µg
0.126%	0.377g	Ground Cumin	Water	87.00g	261.01g
0.126%	0.377g	Garam masala	Ethanol	0.00g	0.00g
0.084%	0.252g	Chilli powder			
0.042%	0.126g	Bay leaf, dried			