

SARSON KASHIPHAL - Roasted butternut squash with tempered mustard greens and spinach curry

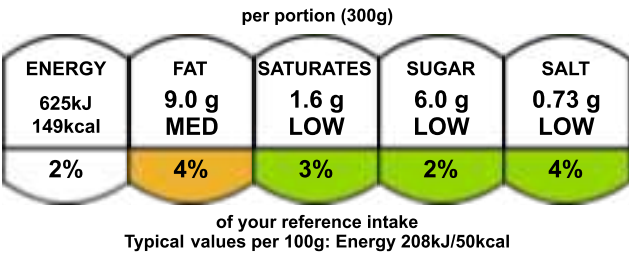
Serving Size

Serving size	300g
Number of servings	465.61

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Butternut Squash, Spinach, Cabbage, Water, Baby Sweetcorn, Mustard Greens, Raw, Tomatoes, Rapeseed Oil, Garlic, Butter (**Milk**), Ginger, Cornmeal, Green Chilli, Salt, Ground Coriander, Ground Cumin, Cumin Seeds, Dried Red Chillies, Chilli Powder, Turmeric.

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

34.4%	103.1g	Squash, butternut, baked
28.6%	85.9g	Spinach, frozen, boiled in unsalted water
7.16%	21.5g	Cabbage, green, raw
7.16%	21.5g	Water, tap, drinking
7.16%	21.5g	Sweetcorn, baby, fresh and frozen, boiled in unsalted water
6.44%	19.3g	Mustard greens, raw
2.15%	6.44g	Tomatoes, canned, whole contents
1.96%	5.87g	Oil, rapeseed
1.43%	4.3g	Garlic, raw
0.716%	2.15g	Butter, unsalted
0.716%	2.15g	Ginger, fresh
0.716%	2.15g	Garlic, raw
0.358%	1.07g	Cornmeal, sifted
0.215%	0.644g	Peppers, capsicum, chilli, green, raw
0.215%	0.644g	Salt

Nutrients

	per 100g	per 300 g serving
Energy	208.28kJ	624.85kJ
Calories	49.74kcal	149.21kcal
Protein	2.07g	6.21g
Total Carbohydrate	0.00g	0.00g
Available	4.09g	12.28g
Carbohydrate		
Sugars	2.02g	6.05g
Starch	1.37g	4.11g
Added Sugar	0.00g	0.00g
Total Fat	3.01g	9.03g
Saturated Fat	0.55g	1.64g
Monounsaturated	1.40g	4.21g
Fats		
Polyunsaturated Fats	0.78g	2.35g
Trans Fat	0.02g	0.06g
Dietary Fiber	1.91g	5.73g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	96.19mg	288.58mg
Salt	0.24g	0.73g
Cholesterol	1.52mg	4.57mg
Vitamin A	1754.81IU	5264.44IU
Vitamin A RAE	530.49µg	1591.47µg
Carotene	3078.62µg	9235.85µg
Alpha Carotene	620.91µg	1862.72µg
Beta Carotene	2038.02µg	6114.05µg
Retinol	6.86µg	20.58µg
Beta Cryptoxanthin	2.58µg	7.73µg
Thiamin	0.08mg	0.25mg
Riboflavin	0.05mg	0.15mg
Niacin	1.05mg	3.14mg
Pantothenic Acid	0.22mg	0.65mg
Vitamin B6	0.12mg	0.35mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.78µg	2.33µg
Folate	25.93µg	77.79µg
Vitamin B12	0.00µg	0.01µg
Vitamin C	18.55mg	55.65mg
Vitamin D	0.26IU	0.77IU
Vitamin D MCG	0.01µg	0.02µg
Vitamin E	1.74mg	5.22mg
Biotin	0.20µg	0.61µg
Vitamin K	260.41µg	781.24µg
Calcium	74.71mg	224.12mg
Chloride	163.27mg	489.81mg
Choline	0.03µg	0.10µg
Copper	0.08mg	0.23mg
Iodine	1.14µg	3.42µg
Iron	1.15mg	3.46mg
Magnesium	26.61mg	79.82mg
Manganese	0.16mg	0.49mg
Nitrogen	0.30g	0.90g

0.179%	0.537g	Ground Coriander	Phosphorus	40.93mg	122.80mg
0.143%	0.43g	Ground Cumin	Potassium	283.36mg	850.09mg
0.107%	0.322g	Cumin seeds	Selenium	0.46µg	1.38µg
0.072	0.215g	Crushed Red Chillies, Dried	Tryptophan/60	0.39mg	1.17mg
%			Zinc	0.34mg	1.03mg
0.072	0.215g	Chilli powder	Ash	0.00g	0.01g
%			Lutein Zeaxanthin	244.09µg	732.27µg
0.036	0.107g	Turmeric, ground	Lycopene	31.16µg	93.49µg
%			Water	86.42g	259.26g
			Ethanol	0.00g	0.00g

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