Chennai Brinjal Massala

Madras style baby aubergine and cauliflower curry, roasted aubergine and cauliflower simmered in tempered coconut milk with tomato and tamarind.

SERVING SIZE	PACK SIZE	SERVINGS PER PACK
300 g	**600 g**	**2**

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
949kJ 227kcal	15 g MED	1.3 g LOW	16 g MED	1.7 g MED
11%	22%	6%	18%	27%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 316kJ / 76kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	316kJ	949kJ
	76kcal	227kcal
Fat	5.0g	15g
of which saturates	0.4g	1.3g
Carbohydrate	6.5g	19g
of which sugars	5.3g	16g
Protein	1.6g	4.9g
Salt	0.55g	1.7g

Ingredients and allergens

Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Cauliflower, Coconut Milk, Onion, Aubergine, Tamarind, Rapeseed Oil, Garlic, Ginger, Tomato Purée, Salt, Chilli Powder, Ground Coriander, Curry Leaves, Mustard Seeds (**Mustard**), Ground Cumin, Garam Masala, Dried Red Chillies, Turmeric, Cumin Seeds, Fennel Seeds, Fenugreek Seeds, Bay Leaf, Black Pepper, Cardamom Seeds.

CONTAINS **Mustard**

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

Recipe breakdown per 300 g serving

25.1%	75.2g	BB Catering Chopped Tomatoes in Tomato Juice
22.6%	67.7g	Cauliflower, boiled in unsalted water
22.6%	67.7g	Coconut milk
13.4%	40.1g	Onions, raw
6.69%	20.1g	Aubergine, fried in rapeseed oil
2.51%	7.52g	Tamarind pulp, flesh only
2.29%	6.86g	Oil, rapeseed
1.67%	5.02g	Garlic, raw
0.627%	1.88g	Ginger, fresh
0.418%	1.25g	Tomato puree
0.334%	1g	Salt
0.251%	0.752g	Chilli powder
0.251%	0.752g	Ground Coriander
0.209%	0.627g	Curry leaves, fresh
0.167%	0.502g	Mustard seeds
0.167%	0.502g	Ground Cumin
0.167%	0.502g	Garam masala
0.125%	0.376g	Crushed Red Chillies, Dried
0.125%	0.376g	Turmeric, ground
0.084%	0.251g	Cumin seeds
0.084%	0.251g	Fennel seeds
0.084%	0.251g	Fenugreek seeds
0.084%	0.251g	Bay leaf, dried
0.042%	0.125g	Pepper, black
0.017%	0.05g	Cardamom seeds

Full nutrient profile

	PER 100G	PER 300G
Energy	316.22 kJ	948.65 kJ
Energy	75.51 kcal	226.53 kcal
Fat	5.04 g	15.13 g
of which saturates	0.42 g	1.27 g
Monounsaturated Fats	2.62 g	7.86 g
Polyunsaturated Fats	1.52 g	4.56 g
Trans Fatty Acids	trace	trace
Carbohydrate	6.48 g	19.44 g
of which sugars	5.33 g	15.98 g
of which starch	0.27 g	0.82 g
Fibre	1.60 g	4.79 g
Protein	1.63 g	4.88 g
Salt	0.55 g	1.65 g
Sodium	216.37 mg	649.10 mg
Vitamin A IU	132.86 IU	398.59 IU
Vitamin A RAE	16.48 µg	49.45 µg
Carotene	83.28 µg	249.84 µg
Alpha Carotene	trace	trace
Beta Carotene	39.76 µg	119.28 µg
Retinol	0.00 µg	0.00 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.08 mg	0.24 mg
Riboflavin	0.05 mg	0.15 mg
Niacin	0.78 mg	2.33 mg
Pantothenic Acid	0.20 mg	0.60 mg
Vitamin B6	0.11 mg	0.33 mg
Dietary Folate Equivalents	3.26 µg	9.78 µg
Food Folate	3.27 µg	9.80 µg

	PER 100G	PER 300G
Folate	16.56 µg	49.68 µg
Vitamin B12	0.00 µg	0.00 µg
Vitamin C	10.69 mg	32.06 mg
Vitamin D IU	0.00 IU	0.00 IU
Vitamin D MCG	0.00 µg	0.00 µg
Vitamin E	1.39 mg	4.16 mg
Biotin	0.43 µg	1.29 µg
Vitamin K	10.81 µg	32.42 µg
Calcium	38.33 mg	114.99 mg
Chloride	279.45 mg	838.34 mg
Choline	3.24 µg	9.71 µg
Copper	0.09 mg	0.27 mg
Iodine	0.53 µg	1.60 µg
Iron	1.15 mg	3.44 mg
Magnesium	21.95 mg	65.85 mg
Manganese	0.17 mg	0.51 mg
Nitrogen	0.20 g	0.59 g
Phosphorus	42.58 mg	127.74 mg
Potassium	260.65 mg	781.96 mg
Selenium	0.49 µg	1.46 µg
Tryptophan/60	0.25 mg	0.74 mg
Zinc	0.24 mg	0.73 mg
Ash	0.35 g	1.04 g
Cholesterol	0.00 mg	0.00 mg
Lutein Zeaxanthin	45.89 µg	137.67 µg
Lycopene	1305.16 µg	3915.48 µg
Water	82.79 g	248.38 g

Reviewed on 3 November 2026. Values per 100 g and per 300 g serving.