Dhal Bhagara

Yellow lentils spiced with cumin tempered with garlic, roasted chilli and curry leaves.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1037kJ 246kcal	7.3 g LOW	0.6 g LOW	2.7 g LOW	1.7 g MED
12%	10%	3%	3%	27%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 346kJ / 82kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	346kJ	1037kJ
	82kcal	246kcal
Fat	2.4g	7.3g
of which saturates	0.2g	0.6g
Carbohydrate	10g	31g
of which sugars	0.9g	2.7g
Protein	5.2g	16g
Salt	0.55g	1.7g

Ingredients and allergens

Water, Lentils, Tomatoes, Garlic, Onion, Rapeseed Oil, Ginger, Coriander Leaves, Salt, Green Chilli, Curry Leaves, Cumin Seeds, Turmeric, Dried Red Chillies, Chilli Powder, Ground Cumin, Ground Coriander, Garam Masala, Asafoetida.

CONTAINS No allergens declared in this recipe

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

Recipe breakdown per 300 g serving

57.5%	172g	Water, tap, drinking
19.2%	57.5g	Lentils, green and brown, whole, dried, raw
6.39%	19.2g	Tomatoes, canned, whole contents
5.32%	16g	Tomatoes, standard, raw
3.19%	9.58g	Garlic, raw
2.66%	7.99g	Onions, raw
1.94%	5.82g	Oil, rapeseed
1.06%	3.19g	Ginger, fresh
1.06%	3.19g	Coriander leaves, fresh
0.532%	1.6g	Salt
0.373%	1.12g	Peppers, capsicum, chilli, green, raw
0.213%	0.639g	Curry leaves, fresh
0.16%	0.479g	Cumin seeds
0.128%	0.383g	Turmeric, ground
0.106%	0.319g	Crushed Red Chillies, Dried
0.053%	0.16g	Chilli powder
0.043%	0.128g	Ground Cumin
0.043%	0.128g	Ground Coriander
0.043%	0.128g	Garam masala
0.001%	0.003g	Asafoetida

Full nutrient profile

	PER 100G	PER 300G
Energy	345.54 kJ	1036.63 kJ
Energy	81.84 kcal	245.51 kcal
Fat	2.43 g	7.30 g
of which saturates	0.18 g	0.55 g
Monounsaturated Fats	1.25 g	3.74 g
Polyunsaturated Fats	0.76 g	2.28 g
Trans Fatty Acids	trace	trace
Carbohydrate	10.21 g	30.62 g
of which sugars	0.89 g	2.66 g
of which starch	8.25 g	24.74 g
Fibre	2.12 g	6.35 g
Protein	5.18 g	15.53 g
Salt	0.55 g	1.66 g
Sodium	217.78 mg	653.34 mg
Vitamin A IU	88.73 IU	266.19 IU
Vitamin A RAE	18.17 µg	54.50 µg
Carotene	109.18 µg	327.55 µg
Alpha Carotene	0.38 µg	1.15 µg
Beta Carotene	79.54 µg	238.62 µg
Retinol	0.00 µg	0.00 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.10 mg	0.30 mg
Riboflavin	0.06 mg	0.18 mg
Niacin	1.30 mg	3.90 mg
Pantothenic Acid	0.03 mg	0.10 mg
Vitamin B6	0.21 mg	0.63 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.01 µg	0.02 µg

	PER 100G	PER 300G
Folate	24.58 µg	73.74 µg
Vitamin B12	0.00 µg	0.00 µg
Vitamin C	3.35 mg	10.05 mg
Vitamin D IU	0.00 IU	0.00 IU
Vitamin D MCG	0.00 µg	0.00 µg
Vitamin E	0.59 mg	1.77 mg
Biotin	0.19 µg	0.57 µg
Vitamin K	6.37 µg	19.10 µg
Calcium	23.62 mg	70.85 mg
Chloride	352.31 mg	1056.94 mg
Choline	0.00 µg	0.00 µg
Copper	0.22 mg	0.65 mg
Iodine	0.68 µg	2.04 µg
Iron	2.51 mg	7.53 mg
Magnesium	26.30 mg	78.89 mg
Manganese	0.32 mg	0.97 mg
Nitrogen	0.83 g	2.49 g
Phosphorus	78.73 mg	236.20 mg
Potassium	251.67 mg	755.02 mg
Selenium	20.19 µg	60.58 µg
Tryptophan/60	0.73 mg	2.18 mg
Zinc	0.82 mg	2.47 mg
Ash	0.01 g	0.02 g
Cholesterol	0.00 mg	0.00 mg
Lutein Zeaxanthin	16.93 µg	50.79 µg
Lycopene	119.70 µg	359.09 µg
Water	76.73 g	230.19 g

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