Dhal Makhni

One of India's favourite dishes, black lentils simmered overnight with tomato, butter and cream then tempered with garlic and ground Kashmiri chilli.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1229kJ 292kcal	13 g MED	5.3 g MED	2.6 g LOW	1.3 g MED
15%	18%	27%	3%	22%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 410kJ / 97kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	410kJ	1229kJ
	97kcal	292kcal
Fat	4.3g	13g
of which saturates	1.8g	5.3g
Carbohydrate	10.0g	30g
of which sugars	0.9g	2.6g
Protein	5.3g	16g
Salt	0.44g	1.3g

Ingredients and allergens

Water, Lentils, Tomatoes, Garlic, Cream (**Milk**), Butter (**Milk**), Ginger, Rapeseed Oil, Salt, Chilli Powder, Tomato Purée, Fenugreek Leaves, Caraway Seeds, Cumin Seeds.

CONTAINS **Milk**

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

Recipe breakdown per 300 g serving

55%	165g	Water, tap, drinking
18.1%	54.3g	Lentils, green and brown, whole, dried, raw
9.7%	29.1g	Tomatoes, canned, whole contents
6.14%	18.4g	Garlic, raw
5.17%	15.5g	Cream, fresh, single
1.94%	5.82g	Butter, unsalted
1.29%	3.88g	Ginger, fresh
1.18%	3.53g	Oil, rapeseed
0.388%	1.16g	Salt
0.323%	0.97g	Chilli powder
0.323%	0.97g	Tomato puree
0.194%	0.582g	Fenugreek leaves, raw
0.162%	0.485g	Caraway seeds
0.129%	0.388g	Cumin seeds

Full nutrient profile

	PER 100G	PER 300G
Energy	409.61 kJ	1228.82 kJ
Energy	97.48 kcal	292.45 kcal
Fat	4.26 g	12.78 g
of which saturates	1.77 g	5.32 g
Monounsaturated Fats	1.46 g	4.39 g
Polyunsaturated Fats	0.64 g	1.91 g
Trans Fatty Acids	0.09 g	0.27 g
Carbohydrate	9.99 g	29.96 g
of which sugars	0.86 g	2.57 g
of which starch	8.22 g	24.66 g
Fibre	2.11 g	6.32 g
Protein	5.32 g	15.95 g
Salt	0.44 g	1.32 g
Sodium	172.86 mg	518.57 mg
Vitamin A IU	182.92 IU	548.76 IU
Vitamin A RAE	54.88 µg	164.63 µg
Carotene	127.25 µg	381.75 µg
Alpha Carotene	trace	trace
Beta Carotene	65.42 µg	196.26 µg
Retinol	33.63 µg	100.90 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.10 mg	0.31 mg
Riboflavin	0.07 mg	0.21 mg
Niacin	1.30 mg	3.89 mg
Pantothenic Acid	0.03 mg	0.10 mg
Vitamin B6	0.22 mg	0.65 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 300G
Folate	21.92 µg	65.75 µg
Vitamin B12	0.03 µg	0.08 µg
Vitamin C	2.56 mg	7.67 mg
Vitamin D IU	1.32 IU	3.96 IU
Vitamin D MCG	0.03 µg	0.10 µg
Vitamin E	0.48 mg	1.44 mg
Biotin	0.30 µg	0.91 µg
Vitamin K	2.40 µg	7.20 µg
Calcium	26.16 mg	78.47 mg
Chloride	284.88 mg	854.64 mg
Choline	0.00 µg	0.00 µg
Copper	0.21 mg	0.62 mg
Iodine	1.38 µg	4.15 µg
Iron	2.41 mg	7.22 mg
Magnesium	25.40 mg	76.19 mg
Manganese	0.31 mg	0.93 mg
Nitrogen	0.85 g	2.56 g
Phosphorus	83.26 mg	249.77 mg
Potassium	255.34 mg	766.03 mg
Selenium	19.13 µg	57.40 µg
Tryptophan/60	0.76 mg	2.27 mg
Zinc	0.83 mg	2.49 mg
Ash	0.00 g	0.00 g
Cholesterol	6.98 mg	20.93 mg
Lutein Zeaxanthin	20.30 µg	60.91 µg
Lycopene	159.60 µg	478.81 µg
Water	75.08 g	225.23 g

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