Gobhi Mattar

Punjabi style roasted cauliflower and green pea cooked in a tomato and caramelised onion curry.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
698kJ 166kcal	8.4 g LOW	0.8 g LOW	12 g LOW	1.0 g MED
8%	12%	4%	13%	16%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 233kJ / 55kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	233kJ	698kJ
	55kcal	166kcal
Fat	2.8g	8.4g
of which saturates	0.3g	0.8g
Carbohydrate	5.8g	17g
of which sugars	3.8g	12g
Protein	2.1g	6.4g
Salt	0.33g	1.0g

Ingredients and allergens

Cauliflower, Onion, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Peas, Garlic, Rapeseed Oil, Ginger, Coriander Leaves, Green Chilli, Amchur, Ground Coriander, Salt, Cumin Seeds, Dried Red Chillies, Chilli Powder, Ground Cumin, Turmeric, Garam Masala, Cardamom, Cinnamon, Black Pepper, Bay Leaf, Cloves.

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

38.5%	116g	Cauliflower, boiled in unsalted water
28.5%	85.4g	Onions, raw
14.8%	44.5g	BB Catering Chopped Tomatoes in Tomato Juice
8.89%	26.7g	Peas, frozen, boiled in unsalted water
2.37%	7.11g	Garlic, raw
2.16%	6.48g	Oil, rapeseed
1.19%	3.56g	Ginger, fresh
1.19%	3.56g	Coriander leaves, fresh
0.889%	2.67g	Peppers, capsicum, chilli, green, raw
0.296%	0.889g	Amchur
0.267%	0.8g	Ground Coriander
0.237%	0.711g	Salt
0.119%	0.356g	Cumin seeds
0.119%	0.356g	Crushed Red Chillies, Dried
0.119%	0.356g	Chilli powder
0.119%	0.356g	Ground Cumin
0.104%	0.311g	Turmeric, ground
0.089%	0.267g	Garam masala
0.018%	0.053g	Cardamom, ground
0.012%	0.036g	Cinnamon, ground
0.009%	0.027g	Pepper, black
0.006%	0.018g	Bay leaf, dried
0.006%	0.018g	Cloves, dried

Full nutrient profile

	PER 100G	PER 300G
Energy	232.63 kJ	697.89 kJ
Energy	55.49 kcal	166.48 kcal
Fat	2.81 g	8.44 g
of which saturates	0.26 g	0.77 g
Monounsaturated Fats	1.40 g	4.21 g
Polyunsaturated Fats	0.94 g	2.82 g
Trans Fatty Acids	trace	trace
Carbohydrate	5.80 g	17.41 g
of which sugars	3.84 g	11.53 g
of which starch	0.82 g	2.45 g
Fibre	2.38 g	7.14 g
Protein	2.14 g	6.41 g
Salt	0.33 g	1.00 g
Sodium	130.97 mg	392.90 mg
Vitamin A IU	118.85 IU	356.56 IU
Vitamin A RAE	18.32 µg	54.95 µg
Carotene	100.44 µg	301.33 µg
Alpha Carotene	0.43 µg	1.28 µg
Beta Carotene	67.58 µg	202.74 µg
Retinol	0.00 µg	0.00 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.12 mg	0.36 mg
Riboflavin	0.04 mg	0.12 mg
Niacin	1.04 mg	3.11 mg
Pantothenic Acid	0.25 mg	0.76 mg
Vitamin B6	0.13 mg	0.39 mg
Dietary Folate Equivalents	1.93 µg	5.78 µg
Food Folate	1.93 µg	5.80 µg

	PER 100G	PER 300G
Folate	27.60 µg	82.79 µg
Vitamin B12	0.00 µg	0.00 µg
Vitamin C	16.74 mg	50.22 mg
Vitamin D IU	0.00 IU	0.00 IU
Vitamin D MCG	0.00 µg	0.00 µg
Vitamin E	0.84 mg	2.52 mg
Biotin	0.78 µg	2.35 µg
Vitamin K	18.15 µg	54.45 µg
Calcium	31.49 mg	94.48 mg
Chloride	192.50 mg	577.49 mg
Choline	1.91 µg	5.73 µg
Copper	0.08 mg	0.24 mg
Iodine	0.92 µg	2.77 µg
Iron	1.00 mg	3.01 mg
Magnesium	16.68 mg	50.04 mg
Manganese	0.19 mg	0.58 mg
Nitrogen	0.30 g	0.91 g
Phosphorus	45.86 mg	137.59 mg
Potassium	225.67 mg	677.00 mg
Selenium	0.53 µg	1.58 µg
Tryptophan/60	0.41 mg	1.22 mg
Zinc	0.29 mg	0.87 mg
Ash	0.21 g	0.62 g
Cholesterol	0.00 mg	0.00 mg
Lutein Zeaxanthin	27.65 µg	82.96 µg
Lycopene	756.65 µg	2269.95 µg
Water	85.38 g	256.14 g

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