Malaba Ishtu

Traditional coastal vegetable curry with okra, gourd, carrot, butter beans and corn simmered in tempered coconut milk.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1017kJ 242kcal	11 g MED	1.7 g LOW	10 g LOW	0.58 g LOW
12%	15%	9%	12%	9%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 339kJ / 81kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	339kJ	1017kJ
	81kcal	242kcal
Fat	3.5g	11g
of which saturates	0.6g	1.7g
Carbohydrate	11g	34g
of which sugars	3.5g	10g
Protein	1.6g	4.9g
Salt	0.19g	0.58g

Ingredients and allergens

Onion, White Button Mushrooms, Okra, Gourd, Plantain, Sweet Potato, Yam, Tomatoes, Rapeseed Oil, Garlic, Ginger, Dried Mango, Coconut Oil, Chilli Powder, Ground Coriander, Curry Leaves, Salt, Turmeric, Ground Cumin, Garam Masala, Black Pepper, Fennel Powder, Coconut Milk, Cumin Seeds, Fennel Seeds, Mustard Seeds (**Mustard**), Fenugreek Seeds, Dried Red Chillies, Cardamom, Bay Leaf.

CONTAINS **Mustard**

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

Recipe breakdown per 300 g serving

25%	75g	Onions, raw
12%	36g	Mushrooms, white button
10%	30g	Okra, raw
10%	30g	Gourd, bottle, raw
10%	30g	Plantain, green flesh, raw
10%	30g	Sweet potato, raw, flesh only
10%	30g	Yam, flesh only, raw
6%	18g	Tomatoes, canned, whole contents
2.73%	8.2g	Oil, rapeseed
1%	3g	Garlic, raw
1%	3g	Ginger, fresh
0.5%	1.5g	Mango, dried
0.366%	1.1g	Oil, coconut
0.2%	0.6g	Chilli powder
0.2%	0.6g	Ground Coriander
0.2%	0.6g	Curry leaves, fresh
0.15%	0.45g	Salt
0.15%	0.45g	Turmeric, ground
0.1%	0.3g	Ground Cumin
0.06%	0.18g	Garam masala
0.05%	0.15g	Pepper, black
0.05%	0.15g	Fennel powder
0.035%	0.105g	Coconut milk
0.03%	0.09g	Cumin seeds
0.03%	0.09g	Fennel seeds
0.03%	0.09g	Mustard seeds
0.03%	0.09g	Fenugreek seeds
0.03%	0.09g	Crushed Red Chillies, Dried
0.03%	0.09g	Cardamom, ground
0.02%	0.06g	Bay leaf, dried

Full nutrient profile

	PER 100G	PER 300G
Energy	339.08 kJ	1017.23 kJ
Energy	80.54 kcal	241.63 kcal
Fat	3.53 g	10.60 g
of which saturates	0.58 g	1.73 g
Monounsaturated Fats	1.72 g	5.16 g
Polyunsaturated Fats	0.93 g	2.79 g
Trans Fatty Acids	trace	trace
Carbohydrate	11.38 g	34.13 g
of which sugars	3.48 g	10.43 g
of which starch	6.31 g	18.93 g
Fibre	1.67 g	5.00 g
Protein	1.62 g	4.87 g
Salt	0.19 g	0.58 g
Sodium	75.90 mg	227.71 mg
Vitamin A IU	316.39 IU	949.16 IU
Vitamin A RAE	92.87 µg	278.61 µg
Carotene	555.78 µg	1667.35 µg
Alpha Carotene	3.06 µg	9.17 µg
Beta Carotene	505.87 µg	1517.61 µg
Retinol	0.00 µg	0.00 µg
Beta Cryptoxanthin	0.15 µg	0.44 µg
Thiamin	0.11 mg	0.34 mg
Riboflavin	0.08 mg	0.24 mg
Niacin	1.16 mg	3.47 mg
Pantothenic Acid	0.18 mg	0.54 mg
Vitamin B6	0.13 mg	0.40 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	4.52 µg	13.55 µg

	PER 100G	PER 300G
Folate	22.46 µg	67.39 µg
Vitamin B12	0.00 µg	0.00 µg
Vitamin C	8.67 mg	26.02 mg
Vitamin D IU	0.10 IU	0.31 IU
Vitamin D MCG	0.00 µg	0.01 µg
Vitamin E	0.84 mg	2.51 mg
Biotin	0.33 µg	1.00 µg
Vitamin K	3.77 µg	11.30 µg
Calcium	38.87 mg	116.60 mg
Chloride	141.09 mg	423.28 mg
Choline	0.12 µg	0.36 µg
Copper	0.12 mg	0.35 mg
Iodine	0.98 µg	2.93 µg
Iron	0.81 mg	2.44 mg
Magnesium	22.75 mg	68.25 mg
Manganese	0.13 mg	0.39 mg
Nitrogen	0.20 g	0.59 g
Phosphorus	42.54 mg	127.62 mg
Potassium	290.96 mg	872.88 mg
Selenium	2.83 µg	8.50 µg
Tryptophan/60	0.24 mg	0.72 mg
Zinc	0.35 mg	1.04 mg
Ash	0.10 g	0.30 g
Cholesterol	0.00 mg	0.00 mg
Lutein Zeaxanthin	10.76 µg	32.28 µg
Lycopene	87.07 µg	261.20 µg
Water	79.72 g	239.16 g

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