Punjabi Subji

North Indian mixed vegetable curry. Cauliflower, carrot, potato, peas, hispi cabbage & bell peppers all cooked with North Indian spices.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
637kJ 152kcal	7.9 g LOW	0.6 g LOW	8.5 g LOW	0.83 g LOW
8%	11%	3%	9%	14%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 212kJ / 51kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	212kJ	637kJ
	51kcal	152kcal
Fat	2.7g	7.9g
of which saturates	0.2g	0.6g
Carbohydrate	5.9g	18g
of which sugars	2.8g	8.5g
Protein	1.3g	4.0g
Salt	0.28g	0.83g

Ingredients and allergens

Onion, Cauliflower, Potato, Carrots, Tomatoes, Green Beans, Aubergine, Green Peppers, Yellow Peppers, Red Peppers, Orange Peppers, Rapeseed Oil, Garlic, Ginger, Coriander Leaves, Lemon Juice (**Sulphites**), Ground Coriander, Salt, Green Chilli, Cumin Seeds, Turmeric, Ground Cumin, Garam Masala, Chilli Powder, Bay Leaf.

CONTAINS **Sulphites**

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

Recipe breakdown per 300 g serving

21%	62.9g	Onions, raw
12.6%	37.7g	Cauliflower, frozen, cooked, no added fat
10.9%	32.7g	Potatoes, new and salad, boiled in unsalted water, flesh and skin
10.1%	30.2g	Carrots, young, raw
8.39%	25.2g	Tomatoes, canned, whole contents
8.39%	25.2g	Beans, green, raw
8.39%	25.2g	Aubergine, raw
4.19%	12.6g	Tomatoes, standard, raw
2.52%	7.55g	Peppers, bell, green, raw
2.52%	7.55g	Peppers, bell, yellow, raw
2.52%	7.55g	Peppers, bell, red, raw
2.52%	7.55g	Peppers, bell, orange, raw
2.29%	6.88g	Oil, rapeseed
0.839%	2.52g	Garlic, raw
0.839%	2.52g	Ginger, fresh
0.419%	1.26g	Coriander leaves, fresh
0.419%	1.26g	Lemon juice, fresh
0.252%	0.755g	Ground Coriander
0.21%	0.629g	Salt
0.168%	0.503g	Peppers, capsicum, chilli, green, raw
0.126%	0.377g	Cumin seeds
0.126%	0.377g	Turmeric, ground
0.126%	0.377g	Ground Cumin
0.126%	0.377g	Garam masala
0.084%	0.252g	Chilli powder
0.042%	0.126g	Bay leaf, dried

Full nutrient profile

	PER 100G	PER 300G
Energy	212.42 kJ	637.25 kJ
Energy	50.69 kcal	152.07 kcal
Fat	2.65 g	7.94 g
of which saturates	0.20 g	0.60 g
Monounsaturated Fats	1.43 g	4.30 g
Polyunsaturated Fats	0.81 g	2.43 g
Trans Fatty Acids	trace	trace
Carbohydrate	5.94 g	17.82 g
of which sugars	2.83 g	8.48 g
of which starch	1.64 g	4.92 g
Fibre	2.01 g	6.03 g
Protein	1.34 g	4.02 g
Salt	0.28 g	0.83 g
Sodium	109.28 mg	327.83 mg
Vitamin A IU	496.00 IU	1488.00 IU
Vitamin A RAE	148.80 µg	446.40 µg
Carotene	893.21 µg	2679.64 µg
Alpha Carotene	345.76 µg	1037.28 µg
Beta Carotene	690.93 µg	2072.80 µg
Retinol	0.00 µg	0.00 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.08 mg	0.24 mg
Riboflavin	0.04 mg	0.12 mg
Niacin	0.70 mg	2.10 mg
Pantothenic Acid	0.13 mg	0.40 mg
Vitamin B6	0.11 mg	0.34 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	7.95 µg	23.86 µg

	PER 100G	PER 300G
Folate	24.16 µg	72.49 µg
Vitamin B12	0.00 µg	0.00 µg
Vitamin C	22.78 mg	68.34 mg
Vitamin D IU	0.00 IU	0.00 IU
Vitamin D MCG	0.00 µg	0.00 µg
Vitamin E	0.84 mg	2.51 mg
Biotin	0.56 µg	1.69 µg
Vitamin K	9.44 µg	28.31 µg
Calcium	26.67 mg	80.01 mg
Chloride	172.79 mg	518.38 mg
Choline	4.20 µg	12.61 µg
Copper	0.05 mg	0.16 mg
Iodine	1.33 µg	3.98 µg
Iron	0.77 mg	2.31 mg
Magnesium	14.39 mg	43.17 mg
Manganese	0.14 mg	0.43 mg
Nitrogen	0.17 g	0.51 g
Phosphorus	29.93 mg	89.79 mg
Potassium	226.38 mg	679.13 mg
Selenium	0.37 µg	1.12 µg
Tryptophan/60	0.20 mg	0.60 mg
Zinc	0.21 mg	0.64 mg
Ash	0.04 g	0.11 g
Cholesterol	0.00 mg	0.00 mg
Lutein Zeaxanthin	36.82 µg	110.46 µg
Lycopene	142.96 µg	428.87 µg
Water	87.00 g	261.01 g

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