Sarson Kashiphal

Roasted butternut squash with tempered mustard greens and spinach 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
625kJ 149kcal	9.0 g MED	1.6 g LOW	6.1 g LOW	0.73 g LOW
7%	13%	8%	7%	12%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 208kJ / 50kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	208kJ	625kJ
	50kcal	149kcal
Fat	3.0g	9.0g
of which saturates	0.6g	1.6g
Carbohydrate	4.1g	12g
of which sugars	2.0g	6.1g
Protein	2.1g	6.2g
Salt	0.24g	0.73g

Ingredients and allergens

Butternut Squash, Spinach, Cabbage, Water, Baby Sweetcorn, Mustard Greens (**Mustard***), Tomatoes, Rapeseed Oil, Garlic, Butter (**Milk**), Ginger, Cornmeal, Green Chilli, Salt, Ground Coriander, Ground Cumin, Cumin Seeds, Dried Red Chillies, Chilli Powder, Turmeric.

CONTAINS **Milk**, **Mustard***

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

**Mustard leaf is the only part of the mustard plant used in this dish and is not strictly required to be declared as Mustard; we highlight its use to be safe.*

Recipe breakdown per 300 g serving

34.4%	103g	Squash, butternut, baked
28.6%	85.9g	Spinach, frozen, boiled in unsalted water
7.16%	21.5g	Cabbage, green, raw
7.16%	21.5g	Water, tap, drinking
7.16%	21.5g	Sweetcorn, baby, fresh and frozen, boiled in unsalted water
6.44%	19.3g	Mustard greens, raw
2.15%	6.45g	Garlic, raw
2.15%	6.44g	Tomatoes, canned, whole contents
1.96%	5.87g	Oil, rapeseed
0.716%	2.15g	Butter, unsalted
0.716%	2.15g	Ginger, fresh
0.358%	1.07g	Cornmeal, sifted
0.215%	0.644g	Peppers, capsicum, chilli, green, raw
0.215%	0.644g	Salt
0.179%	0.537g	Ground Coriander
0.143%	0.43g	Ground Cumin
0.107%	0.322g	Cumin seeds
0.072%	0.215g	Crushed Red Chillies, Dried
0.072%	0.215g	Chilli powder
0.036%	0.107g	Turmeric, ground

Full nutrient profile

	PER 100G	PER 300G
Energy	208.28 kJ	624.85 kJ
Energy	49.74 kcal	149.21 kcal
Fat	3.01 g	9.03 g
of which saturates	0.55 g	1.64 g
Monounsaturated Fats	1.40 g	4.21 g
Polyunsaturated Fats	0.78 g	2.35 g
Trans Fatty Acids	0.02 g	0.06 g
Carbohydrate	4.09 g	12.28 g
of which sugars	2.02 g	6.05 g
of which starch	1.37 g	4.11 g
Fibre	1.91 g	5.73 g
Protein	2.07 g	6.21 g
Salt	0.24 g	0.73 g
Sodium	96.19 mg	288.58 mg
Vitamin A IU	1754.81 IU	5264.44 IU
Vitamin A RAE	530.49 µg	1591.47 µg
Carotene	3078.62 µg	9235.85 µg
Alpha Carotene	620.91 µg	1862.72 µg
Beta Carotene	2038.02 µg	6114.05 µg
Retinol	6.86 µg	20.58 µg
Beta Cryptoxanthin	2.58 µg	7.73 µg
Thiamin	0.08 mg	0.25 mg
Riboflavin	0.05 mg	0.15 mg
Niacin	1.05 mg	3.14 mg
Pantothenic Acid	0.22 mg	0.65 mg
Vitamin B6	0.12 mg	0.35 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.78 µg	2.33 µg

	PER 100G	PER 300G
Folate	25.93 µg	77.79 µg
Vitamin B12	0.00 µg	0.01 µg
Vitamin C	18.55 mg	55.65 mg
Vitamin D IU	0.26 IU	0.77 IU
Vitamin D MCG	0.01 µg	0.02 µg
Vitamin E	1.74 mg	5.22 mg
Biotin	0.20 µg	0.61 µg
Vitamin K	260.41 µg	781.24 µg
Calcium	74.71 mg	224.12 mg
Chloride	163.27 mg	489.81 mg
Choline	0.03 µg	0.10 µg
Copper	0.08 mg	0.23 mg
Iodine	1.14 µg	3.42 µg
Iron	1.15 mg	3.46 mg
Magnesium	26.61 mg	79.82 mg
Manganese	0.16 mg	0.49 mg
Nitrogen	0.30 g	0.90 g
Phosphorus	40.93 mg	122.80 mg
Potassium	283.36 mg	850.09 mg
Selenium	0.46 µg	1.38 µg
Tryptophan/60	0.39 mg	1.17 mg
Zinc	0.34 mg	1.03 mg
Ash	0.00 g	0.01 g
Cholesterol	1.52 mg	4.57 mg
Lutein Zeaxanthin	244.09 µg	732.27 µg
Lycopene	31.16 µg	93.49 µg
Water	86.42 g	259.26 g

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