

Coconut lentil turmeric daal

A smooth creamy coconut and chickpea daal, with chunky potatoes and spinach, gently spiced with turmeric

NUTRITIONAL INFORMATION

Typical Values	per 100g	per BOL	RI* per BOL	*Reference Intake of an average adult (8400kJ/2000kcal).
Energy kJ	331	1490	18%	
Energy kcal	79	356	18%	
Fat (g)	1.6	7.2	10%	**This BOL is high in protein which contributes to a growth in muscle mass. Eat as part of a balanced diet & healthy lifestyle.
of which saturates (g)	1.1	5.0	25%	
Carbohydrate (g)	8.5	38.3	15%	
of which sugars (g)	0.7	3.2	4%	
Fibre (g)	6.2	27.9	-	
Protein (g)**	4.6	20.7	41%	
Salt (g)	0.36	1.62	27%	

Ingredients: Water, Chickpeas (17%), Lentils (7%), Potato (11%), Coconut Cream (6%), Tomatoes (Tomatoes, Acidity Regulator: Citric Acid), Roasted Onion Puree (Onions, Rapeseed Oil), Tomato Paste, Spinach (3%), Garlic, Ginger, Lemon Juice, Cumin, Turmeric, Salt, Rapeseed Oil, Coriander, Cardamom, Cinnamon, Nutmeg, Black Pepper, Chillies

Once opened, eat within 24hrs. For use by date see top of pack.
Made in the UK in small batches



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