

Courgette Bhaji

By VICTORIA SUMMERSGILL from Bath Spa University



CALORIES:

43% Carbs

19.8% Protein

37.2% Fat

EU Label values per 100g

Serves 10

	PER 100G	%RI	PER 55G SERVING	%RI
Energy(Kj)	171 kJ	2%	94 kJ	1%
Energy(Kcal)	41 kcal	2%	23 kcal	1%
Fat	1.5 g	2%	0.8 g	1%
of which saturates	0.2 g	1%	0.1 g	1%
Carbohydrate	3.9 g	2%	2.1 g	1%
of which sugars	3 g	3%	1.7 g	2%
Fibre	2.3 g	9%	1.3 g	5%
Protein	1.8 g	4%	1 g	2%
Salt	0.1 g	2%	0.06 g	1%

Energy		Lipid Components		Vitamins	
Energy(Kcal) 2% RI	36.4kcal	Saturated Fat 1% RI	0.24g	Vitamin A (ret eq) 10% RI	81ug
Energy(Kj) 2% RI	153kJ	Monounsaturated fat 3% RI	0.81g	Retinol	0ug
Macronutrients		cis-Mono	0.76g	Carotene	447ug
Carbohydrate 2% RI	3.9g	Polyunsaturated fat 2% RI	0.28g	Vitamin D	0ug
Protein 4% RI	1.8g	Omega3(n-3) 0% RI	0.01g	Vitamin E 1% RI	0.13mg
Fat 2% RI	1.5g	Omega6(n-6) 1% RI	0.1g	Vitamin K 1 7% RI	5.4ug
Water	90g	cis-Poly	0.09g	Thiamin (B1) 10% RI	0.11mg
Water from Drinks	0g	Trans-fatty acids	trace	Riboflavin (B2) 2% RI	0.02mg
Alcohol (0% ABV)	0g	Cholesterol	0mg	Niacin total (B3) 4% RI	0.67mg
Carbohydrate		Minerals & trace elements		Niacin	0.34mg
Starch	0.39g	Sodium 2% RI	40mg	Tryptophan	19.7mg
Oligosaccharide	0.45g	Potassium 15% RI	307mg	Pantothenic Acid (B5) 1% RI	0.07mg
Fibre 9% RI	2.3g	Chloride 13% RI	107mg	Vitamin B 6 10% RI	0.14mg
NSP	1g	Calcium 4% RI	32mg	Folates (B9) Total 15% RI	30.3ug
Sugars 3% RI	3g	Phosphorus 6% RI	45mg	Vitamin B 12	0ug
Glucose	1.2g	Magnesium 6% RI	21.3mg	Biotin (B7) 0% RI	0.25ug
Galactose	0g	Iron 8% RI	1.1mg	Vitamin C 17% RI	13.8mg
Fructose	1.1g	Zinc 3% RI	0.29mg	Other	
Sucrose	0.69g	Copper 3% RI	0.03mg	GI (estimated)	25.7
Maltose	0g	Manganese 7% RI	0.13mg	GL	0.78
Lactose	0g	Selenium 1% RI	0.8ug		
		Iodine 0% RI	0.6ug		

Recipe Ingredients ...	Quantity:	Description:	Cost:
Oil, olive	5.7g	(auto-calculated)	0.00
Salt	0.5g	1x average pinch of salt	0.00
Cumin seeds, whole or ground	2g	1x teaspoon	0.00
Courgette, raw	420g		0.00
Coriander, fresh, raw	4g	1x Average Portion	0.00
Garlic, raw	3g	1x Average Portion	0.00
Onions, raw	150g	1x medium	0.00
Turmeric, ground	1.1g	0.5x teaspoon	0.00
Chilli flakes	1.1g	0.5x teaspoon	0.00
			TOTAL COST: 0.00 RRP : 0.00

Portions / Pack Sizes:	Quantity:	Kcal:	Cost RRP:	Sale Price
1 serving	55g	20	0.00	

Ingredient List (QUID) ...

Courgettes (76.1%), Onions (27.2%), Olive Oil (1%), Coriander (0.72%), Garlic (0.54%), Cumin seeds (0.36%), Turmeric (0.2%), Chilli flakes (0.2%), Salt (0.09%)