

## ASDA Lentil Dahl Dip

Asda



4 Reviewer Rating

out of 5

52 Reviewers



CMR Ref: 190453

**44**

Score out of 50

Average for the category: 39

### Verdict

The taste of this chunky Lentil Dahl Dip was often a pleasant surprise, as many Reviewers were uninspired by the 'dull' packaging and unappetising appearance. As well as having a subtle aroma of garlic, the Dip was considered authentic and creamy, with the added bonus of being healthy and great value for money. Three-quarters were keen to buy after trial and a high star rating of 4 was achieved.

Price **£1.00**

Weight / Volume **170g**

## Tried & Tested by people like you...

Consumer Reviews	Star Rating	% Who Rated	Reviewer Comments*
	★★★★★	29%	Just the sort I thing I enjoy. Good texture and taste and a nice authentic colour too. Excellent taste and texture Fresh rich and creamy
	★★★★☆	50%	Tasteful, nice texture, right amount of flavours Great new product A healthy and tasty alternative to the usual creamy dips that are already on the market.
	★★★☆☆	15%	Good flavour of dhal good texture nice aroma good aftertaste good consistency Something different to houmous. Slight curry flavour. Bit to spicy but still nice
	★★☆☆☆	4%	Too much curry taste for me Seeing the prominent smell & taste is garlic I feel it should be more described as a garlic & lentil dip!
	★☆☆☆☆	2%	Didn't like it

\* Reported verbatim as made by our reviewers

### Ingredients

Cannellini Beans (26%) [Cannellini Beans, Water, Firming Agent (Calcium Chloride)], Cooked Chickpeas [Chickpeas, Water], Lentils (22%), Water, Rapeseed Oil, Mango Chutney (6%) [Sugar, Mango, Sugar Cane Vinegar, Salt, Chilli Powder, Ginger Powder, Garlic Powder], Concentrated Lemon Juice, Curry Powder [Coriander, Turmeric, Salt, Ginger, Cumin, Garlic Granules, Black Pepper, Mustard Powder, Paprika, Chilli Powder [Chilli Powder, Cumin, Oregano, Salt, Garlic Powder], Bay Leaf, Cinnamon], Garlic Purée, Coriander, Salt, Preservative (Potassium Sorbate).

### Nutrition per 100 g/ml

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
172	7.7	0.8	17	3.3	5.2	6.2	0.87

### Recommended Daily Allowance (%)

Energy (Kcal)	Total Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Fibre (g)	Protein (g)	Salt (g)
9%	11%	4%	7%	4%	22%	12%	15%

Daily Intake percentages are based on the requirements for an average female with no special dietary requirements and an assumed energy intake of 2000 kcal.