

# Chicken Madras - Traditional chicken curry from Chennai formerly known as Madras, chicken simmered in a coconut milk and tamarind sauce spiced with mundu chilli and tempered with curry leaves and black mustard seeds

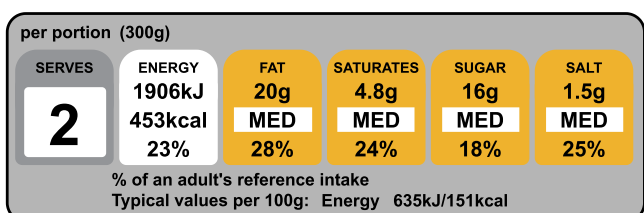
## Serving Size

Serving size 300g

## Pack Size

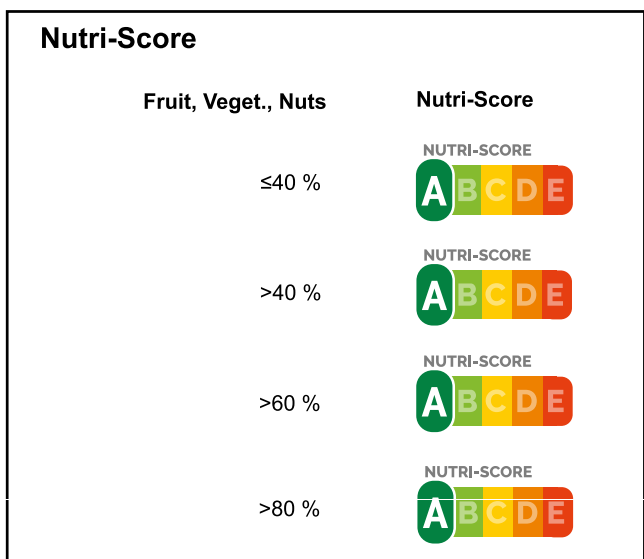
Pack size 600.0g  
Number of servings 2

## Graphics



Typical values	per 100g	per 300g serving
Energy	635kJ 151kcal	1906kJ 453kcal
Fat	6.6g	20g
of which saturates	1.6g	4.8g
Carbohydrate	6.4g	19g
of which sugars	5.4g	16g
Protein	17g	51g
Salt	0.49g	1.5g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	<b>Total fat</b>	20g	25%	<b>Total Carbohydrate</b>	23g
Serving size 11oz (300g)	Saturated Fat	5g	24%	Dietary Fiber	4g	15%
	Trans Fat	0g		Total Sugars	16g	
	<b>Cholesterol</b>	240mg	80%	Incl. 0g Added Sugars	0%	
	<b>Sodium</b>	580mg	25%	<b>Protein</b>	51g	
<b>Calories per serving 450</b>	Vitamin D	2%	*Calcium 10%	*Iron 30%	*Potassium 20%	



## Ingredients and Allergens

Chicken, Tomatoes, Onion, Coconut Milk, Tamarind, Garlic, Ginger, Rapeseed Oil, Tomato Purée, Chilli Powder, Ground Coriander, Dried Red Chillies, Garam Masala, Salt, Curry Leaves, Fennel Seeds, Fenugreek Seeds, **mustard** Seeds, Turmeric, Cumin Seeds, Black Pepper, Cardamon, Fenugreek Leaves, Bay Leaf, Cinnamon.

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

44.9%	134.6g	Chicken, thighs, casseroled, meat only, diced
22.4%	67.3g	Tomatoes, crushed, canned
13.5%	40.4g	Onions, raw
12.1%	36.3g	Coconut milk
2.24%	6.73g	Tamarind pulp, flesh only
1.35%	4.04g	Garlic, raw
0.897%	2.69g	Ginger, fresh
0.613%	1.84g	Oil, rapeseed
0.449%	1.35g	Tomato puree
0.359%	1.08g	Chilli powder
0.224%	0.673g	Ground Coriander
0.135%	0.404g	Crushed Red Chillies, Dried
0.135%	0.404g	Garam masala
0.135%	0.404g	Salt
0.112%	0.337g	Curry leaves, fresh
0.09%	0.269g	Fennel seeds
0.09%	0.269g	Fenugreek seeds
0.09%	0.269g	Mustard seeds
0.09%	0.269g	Turmeric, ground
0.067%	0.202g	Cumin seeds
0.016%	0.047g	Pepper, black
0.011%	0.034g	Cardamon, ground
0.009%	0.027g	Fenugreek leaves, raw
0.007%	0.02g	Bay leaf, dried
0.004%	0.013g	Cinnamon, ground

## Nutrients

	per 100g	per 300 g serving
Energy	635.3kJ	1905.8kJ
Energy	151.1kcal	453.3kcal
Fat	6.6g	19.8g
of which saturates	1.6g	4.8g
Fatty Acids	3.0g	8.9g
Monounsaturated		
Fatty Acids	1.5g	4.6g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	6.4g	19.3g
of which sugars	5.4g	16.1g
Added Sugar	0.0g	0.0g
Fibre	1.4g	4.1g
Protein	17.1g	51.2g
Salt	0.5g	1.5g
Sodium	194.5mg	583.5mg
Vitamin A IU	220.5IU	661.4IU
Vitamin A RAE	35.0µg	105.0µg
Carotene	115.3µg	345.9µg
Alpha Carotene	trace	0.0µg
Beta Carotene	51.1µg	153.3µg
Retinol	12.3µg	37.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.4mg
Niacin	5.8mg	17.5mg
Pantothenic Acid	0.9mg	2.8mg
Vitamin B6	0.2mg	0.6mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	4.0µg	12.0µg
Equivalents		
Food Folate	4.0µg	12.0µg
Folate	10.6µg	31.8µg
Vitamin B12	0.6µg	1.8µg
Vitamin C	4.6mg	13.8mg
Vitamin D IU	4.9IU	14.8IU
Vitamin D MCG	0.1µg	0.4µg
Vitamin E	0.7mg	2.2mg
Biotin	2.7µg	8.1µg
Vitamin K	3.3µg	10.0µg
Calcium	43.7mg	131.2mg
Chloride	233.6mg	700.9mg
Choline	4.0µg	11.9µg
Copper	0.2mg	0.6mg
Iodine	4.8µg	14.5µg
Iron	1.7mg	5.0mg
Magnesium	30.4mg	91.2mg
Manganese	0.2mg	0.5mg
Nitrogen	2.7g	8.0g
Phosphorus	125.8mg	377.5mg
Potassium	311.4mg	934.2mg
Selenium	10.7µg	32.1µg
Tryptophan/60	3.2mg	9.6mg
Zinc	1.5mg	4.5mg
Ash	0.4g	1.3g
Cholesterol	80.1mg	240.2mg
Lutein Zeaxanthin	54.2µg	162.7µg
Lycopene	1608.6µg	4825.9µg
Starch	0.3g	1.0g
Water	0.0g	0.0g