

Kadela Curry - Chick pea simmered in a south Indian keralan coconut milk curry spiced with Aamchoor, chilli and ground corriander

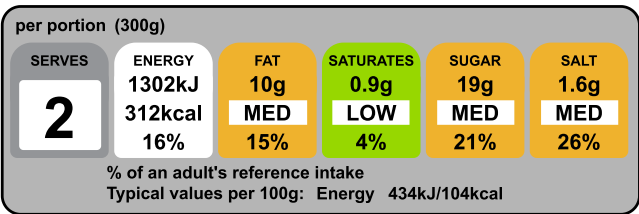
Serving Size

Serving size	300g
Pack Size	
Pack size	600.0g
Number of servings	2

Nutrients

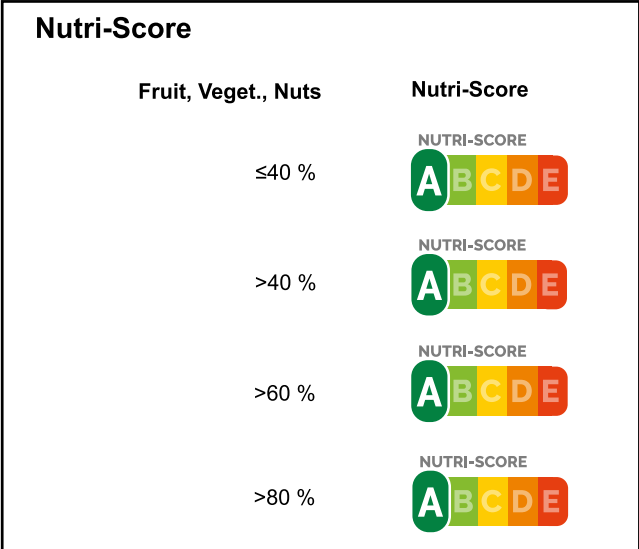
	per 100g	per 300 g serving
Energy	434.2kJ	1302.5kJ
Energy	103.9kcal	311.6kcal
Fat	3.5g	10.4g
of which saturates	0.3g	0.9g
Fatty Acids	1.5g	4.5g
Monounsaturated		
Fatty Acids	1.1g	3.2g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	12.3g	36.9g
of which sugars	6.4g	19.2g
Added Sugar	0.0g	0.0g
Fibre	4.1g	12.2g
Protein	4.4g	13.2g
Salt	0.5g	1.6g
Sodium	206.2mg	618.5mg
Vitamin A IU	464.8IU	1394.3IU
Vitamin A RAE	31.6µg	94.7µg
Carotene	69.9µg	209.7µg
Alpha Carotene	7.5µg	22.5µg
Beta Carotene	253.1µg	759.3µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.2mg
Riboflavin	0.1mg	0.2mg
Niacin	1.1mg	3.2mg
Pantothenic Acid	0.1mg	0.2mg
Vitamin B6	0.1mg	0.4mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	21.7µg	65.2µg
Equivalents		
Food Folate	21.7µg	65.2µg
Folate	24.0µg	71.9µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	7.1mg	21.2mg
Vitamin D IU	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	1.8mg	5.3mg
Biotin	0.2µg	0.6µg
Vitamin K	6.9µg	20.6µg
Calcium	46.3mg	139.0mg
Chloride	154.9mg	464.8mg
Choline	10.0µg	29.9µg
Copper	0.2mg	0.7mg
Iodine	0.4µg	1.1µg
Iron	1.7mg	5.2mg
Magnesium	32.5mg	97.4mg
Manganese	0.5mg	1.4mg
Nitrogen	0.1g	0.3g
Phosphorus	71.4mg	214.2mg
Potassium	418.3mg	1254.8mg
Selenium	2.6µg	7.8µg
Tryptophan/60	0.1mg	0.3mg
Zinc	0.5mg	1.6mg
Ash	1.1g	3.2g
Cholesterol	0.0mg	0.0mg
Lutein Zeaxanthin	7.8µg	23.4µg
Lycopene	7492.8µg	22478.5µg
Starch	0.2g	0.6g
Water	73.2g	219.5g

Graphics



Typical values	per 100g	per 300g serving
Energy	434kJ 104kcal	1302kJ 312kcal
Fat	3.5g	10g
of which saturates	0.3g	0.9g
Carbohydrate	12g	37g
of which sugars	6.4g	19g
Protein	4.4g	13g
Salt	0.52g	1.6g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	Total fat 10g	13%	Total Carbohydrate 49g	18%	
Serving size 11oz (300g)	Saturated Fat 1g	4%	Dietary Fiber 12g	44%		
	Trans Fat 0g		Total Sugars 19g			
	Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%		
	Sodium 620mg	27%	Protein 13g			
Calories per serving 310	Vitamin D 0%	*Calcium 10%	*Iron 30%	*Potassium 25%		



Ingredients and Allergens

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

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

38.8%	116.4g	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids
25.9%	77.6g	Tomato products, canned, paste, without salt added
15.5%	46.6g	Coconut milk
12.9%	38.8g	Onions, raw
1.96%	5.89g	Oil, rapeseed
1.08%	3.23g	Ginger, fresh
1.08%	3.23g	Garlic, raw
0.862%	2.59g	Tomato puree
0.259%	0.776g	Ground Coriander
0.216%	0.647g	Chilli powder
0.172%	0.517g	Salt
0.172%	0.517g	Curry leaves, fresh
0.129%	0.388g	Cumin seeds
0.129%	0.388g	Mustard seeds
0.129%	0.388g	Fennel seeds
0.129%	0.388g	Turmeric, ground
0.129%	0.388g	Ground Cumin
0.129%	0.388g	Garam masala
0.086%	0.259g	Fenugreek seeds
0.086%	0.259g	Crushed Red Chillies, Dried
0.043%	0.129g	Pepper, black
0.026%	0.078g	Cardamon, ground
0.016%	0.047g	Bay leaf, dried
0.009%	0.026g	Cloves, dried
0.009%	0.026g	Cinnamon, ground
0%	0g	Pepper, black