CHICKEN CHETTINAD - Tamil style spicy chicken curry, black pepper, roasted coriander, cumin, chilli and regional Tamil herbs

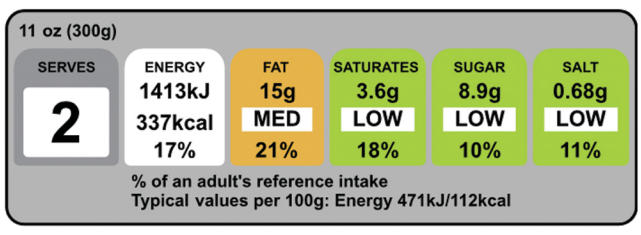
Serving Size

Serving size	300g

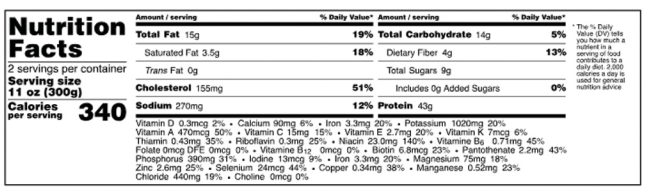
Container Size

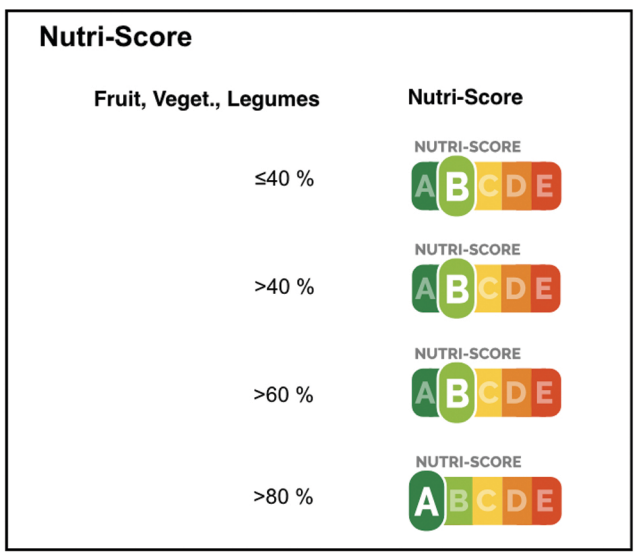
Container size	600.0g
Number of servings	2

Graphics



Typical values	per 100g	per 300g serving
Energy	471kJ	1413kJ
	112kcal	337kcal
Fat	4.9g	15g
of which saturates	1.2g	3.6g
Carbohydrate	3.4g	10g
of which sugars	3.0g	8.9g
Protein	14g	43g
Salt	0.23g	0.68g





Ingredients and Allergens

Chicken, Onion, Tomatoes, Tomato Purée, Coconut Milk, Onions, Rapeseed Oil, Water, Lemon Juice, Coriander Seeds, Ground Coriander, Fennel Seeds, Black Pepper, Dried Red Chillies, Cardamon, Anise Seeds, Ground Cumin, Cinnamon, Coconut, Salt, Chilli Powder, Cumin Seeds, Mustard Seeds (**Mustard**), Mace, Turmeric, Bay Leaf, Tamarind, Chicken Stock, Curry Leaves. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

49%	147g	Chicken, meat, average, roasted
22%	66.1g	Onions, raw
12.2%	36.7g	Tomatoes, canned, whole contents
6.12%	18.4g	Tomato puree
5.51%	16.5g	Coconut milk
1.22%	3.67g	Onions, fried in sunflower oil
0.837%	2.51g	Oil, rapeseed
0.612%	1.84g	Water, distilled
0.306%	0.919g	Lemon juice, fresh
0.245%	0.735g	Coriander seeds
0.184%	0.551g	Ground Coriander
0.184%	0.551g	Fennel seeds
0.184%	0.551g	Pepper, black
0.184%	0.551g	Crushed Red Chillies, Dried
0.153%	0.459g	Cardamon, ground
0.153%	0.459g	Anise seeds
0.122%	0.367g	Ground Cumin
0.122%	0.367g	Cinnamon, ground
0.122%	0.367g	Coconut, desiccated
0.092%	0.276g	Salt
0.061%	0.184g	Fennel seeds
0.061%	0.184g	Chilli powder
0.061%	0.184g	Cumin seeds
0.061%	0.184g	Pepper, black
0.031%	0.092g	Mustard seeds
0.031%	0.092g	Mace, ground
0.018%	0.055g	Turmeric, ground
0.018%	0.055g	Bay leaf, dried
0.002%	0.007g	Tamarind pulp, flesh only
0.002%	0.007g	Stock, chicken, ready made, retail
0%	0g	Curry leaves, fresh

Nutrients

	per 100g	per 300 g serving
Energy	470.9kJ	1412.7kJ
Calories	112.2kcal	336.6kcal
Protein	14.3g	42.8g
Carbohydrate	3.4g	10.2g
Sugars	3.0g	8.9g
Starch	0.0g	0.0g
Added Sugar	0.0g	0.0g
Total Fat	4.9g	14.8g
Saturated Fat	1.2g	3.6g
Fatty Acids	2.3g	6.9g
Monounsaturated Fatty Acids	1.1g	3.3g
Polyunsaturated		
Trans Fat	0.0g	0.1g
Dietary Fiber	1.2g	3.7g
Sodium	89.1mg	267.4mg
Salt	0.23g	0.68g
Cholesterol	51.4mg	154.3mg
Vitamin A	157.7IU	473.0IU
Vitamin A RAE	32.7µg	98.2µg
Carotene	164.4µg	493.1µg
Alpha Carotene	0.0µg	0.0µg
Beta Carotene	136.9µg	410.8µg
Retinol	5.4µg	16.2µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.4mg
Riboflavin	0.1mg	0.3mg
Niacin	7.7mg	23.0mg
Pantothenic Acid	0.7mg	2.2mg
Vitamin B6	0.2mg	0.7mg
Folic Acid	0.0µg	0.0µg
Dietary Folate Equivalents	0.0µg	0.0µg
Food Folate	0.0µg	0.0µg
Folate	11.3µg	33.8µg
Vitamin B12	trace	trace
Vitamin C	5.0mg	15.1mg
Vitamin D	3.9IU	11.8IU
Vitamin D MCG	0.1µg	0.3µg
Vitamin E	0.9mg	2.7mg
Biotin	2.3µg	6.8µg
Vitamin K	2.4µg	7.1µg
Calcium	30.1mg	90.4mg
Chloride	145.9mg	437.7mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.3mg
Iodine	4.3µg	12.9µg
Iron	1.1mg	3.3mg
Magnesium	25.8mg	77.4mg
Manganese	0.2mg	0.5mg
Nitrogen	2.3g	6.9g
Phosphorus	129.1mg	387.3mg
Potassium	339.7mg	1019.1mg
Selenium	8.0µg	24.0µg
Tryptophan/60	2.7mg	8.1mg
Zinc	0.9mg	2.6mg
Ash	0.0g	0.0g
Lutein Zeaxanthin	76.7µg	230.2µg
Lycopene	535.5µg	1606.5µg
Water	74.6g	223.8g
Ethanol	0.0g	0.0g