

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

## Serving Size

Serving size 300g

## Container Size

Container size 600.0g

Number of servings 2

## Graphics

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>	<b>Total Carbohydrate</b> 57g	<b>21%</b>
Saturated Fat 1.0g	<b>5%</b>	Dietary Fiber 14g	<b>50%</b>
Trans Fat 0g		Total Sugars 22g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 710mg	<b>31%</b>	<b>Protein</b> 15g	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a diet of 2,000 calories. See nutrition labels for general nutrition advice.

**Nutrition Facts**  
2 servings per container  
**Serving size 11 oz (300g)**  
**Calories per serving 360**

Vitamin D 0mcg 0% • Calcium 160mg 10% • Iron 6.0mg 35% • Potassium 1.450mg 30%  
Vitamin A 1.610mcg 180% • Vitamin C 2.4mg 25% • Vitamin E 6.1mg 40% • Vitamin K 24mcg 20%  
Thiamin 0.21mg 15% • Riboflavin 0.22mg 20% • Niacin 3.7mg 25% • Vitamin B6 0.46mg 30%  
Folate 75mcg DFE 75mcg 19% • Vitamin B12 0mcg 0% • Biotin 0.6mcg 2% • Pantothenate 0.2mg 4%  
Phosphorus 250mg 20% • Iodine 1mcg 1% • Iron 6.0mg 35% • Magnesium 110mg 27%  
Zinc 1.8mg 15% • Selenium 9mcg 16% • Copper 0.70mg 87% • Manganese 1.67mg 73%  
Chloride 540mg 23% • Choline 30mg 6%

## Nutrients

	per 100g	per 300 g serving
Energy	500.6kJ	1501.8kJ
Calories	119.8kcal	359.3kcal
Protein	5.1g	15.3g
Carbohydrate	14.2g	42.6g
Sugars	7.4g	22.1g
Starch	0.2g	0.7g
Added Sugar	0.0g	0.0g
Total Fat	4.0g	12.0g
Saturated Fat	0.3g	1.0g
Monounsaturated	1.7g	5.1g
Fats		
Polyunsaturated Fats	1.2g	3.7g
Trans Fat	trace	trace
Dietary Fiber	4.7g	14.1g
Sodium	237.7mg	713.2mg
Salt	0.6g	1.8g
Cholesterol	0.0mg	0.0mg
Vitamin A	535.9IU	1607.8IU
Vitamin A RAE	36.4µg	109.3µg
Carotene	80.7µg	242.0µg
Alpha Carotene	8.7µg	26.0µg
Beta Carotene	291.8µg	875.5µg
Retinol	0.0µg	0.0µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.2mg
Riboflavin	0.1mg	0.2mg
Niacin	1.2mg	3.7mg
Pantothenic Acid	0.1mg	0.2mg
Vitamin B6	0.2mg	0.5mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	25.1µg	75.2µg
Equivalent		
Food Folate	25.1µg	75.2µg
Folate	27.6µg	82.9µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	8.1mg	24.4mg
Vitamin D	0.0IU	0.0IU
Vitamin D MCG	0.0µg	0.0µg
Vitamin E	2.0mg	6.1mg
Biotin	0.2µg	0.6µg
Vitamin K	7.9µg	23.8µg
Calcium	53.4mg	160.3mg
Chloride	178.6mg	535.9mg
Choline	11.5µg	34.5µg
Copper	0.3mg	0.8mg
Iodine	0.4µg	1.3µg
Iron	2.0mg	6.0mg
Magnesium	37.5mg	112.4mg
Manganese	0.6mg	1.7mg
Nitrogen	0.1g	0.3g
Phosphorus	82.3mg	247.0mg
Potassium	482.3mg	1447.0mg

## Ingredients and Allergens

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

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

38.4%	115.3g	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids
25.6%	76.9g	Tomato products, canned, paste, without salt added
15.4%	46.1g	Coconut milk
12.8%	38.4g	Onions, raw
1.95%	5.84g	Oil, rapeseed
1.07%	3.2g	Ginger, fresh
1.07%	3.2g	Garlic, raw
0.854%	2.56g	Tomato puree
0.513%	1.54g	Amchur Powder
0.256%	0.769g	Ground Coriander
0.256%	0.769g	Chana Masala
0.214%	0.641g	Chilli powder

0.171%	0.513g	Salt	Selenium	3.0µg	9.0µg
0.171%	0.513g	Curry leaves, fresh	Tryptophan/60	0.1mg	0.3mg
0.171%	0.513g	Chunky Chaat Masala	Zinc	0.6mg	1.8mg
0.128	0.384	Cumin seeds	Ash	1.2g	3.7g
%	g		Lutein Zeaxanthin	9.0µg	26.9µg
0.128	0.384	Mustard seeds	Lycopene	8639.6µg	25918.8µg
%	g		Water	0.0g	0.0g
0.128	0.384	Fennel seeds	Ethanol	0.0g	0.0g
%	g				
0.128	0.384	Turmeric, ground			
%	g				
0.128	0.384	Ground Cumin			
%	g				
0.128	0.384	Garam masala			
%	g				
0.085	0.256	Fenugreek seeds			
%	g				
0.085	0.256	Crushed Red Chillies, Dried			
%	g				
0.043	0.128g	Pepper, black			
%					
0.026	0.077	Cardamon, ground			
%	g				
0.015	0.046	Bay leaf, dried			
%	g				
0.01%	0.031g	Mace, ground			
0.009	0.026	Cloves, dried			
%	g				
0.009	0.026	Cinnamon, ground			
%	g				
0%	0g	Pepper, black			

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