

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

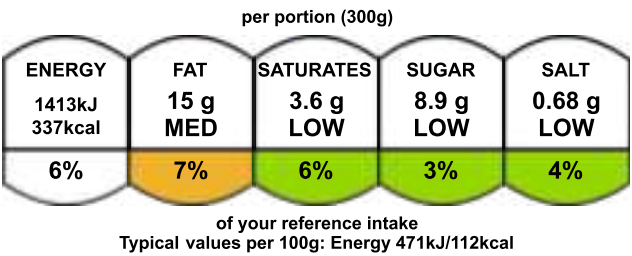
Serving Size

Serving size	300g
Number of servings	544.28

Container Size

Container size	600.0g
Number of servings	2

Graphics



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

Nutrients

	per 100g	per 300 g serving
Energy	470.91kJ	1412.73kJ
Calories	112.19kcal	336.56kcal
Protein	14.28g	42.83g
Total Carbohydrate	0.00g	0.00g
Available	3.41g	10.24g
Carbohydrate		
Sugars	2.95g	8.86g
Starch	0.00g	0.00g
Added Sugar	0.00g	0.00g
Total Fat	4.95g	14.84g
Saturated Fat	1.19g	3.58g
Monounsaturated	2.31g	6.94g
Fats		
Polyunsaturated Fats	1.09g	3.28g
Trans Fat	0.05g	0.15g
Dietary Fiber	1.23g	3.70g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	89.15mg	267.44mg
Salt	0.23g	0.68g
Cholesterol	51.44mg	154.33mg
Vitamin A	157.68IU	473.03IU
Vitamin A RAE	32.72µg	98.16µg
Carotene	164.37µg	493.10µg
Alpha Carotene	0.00µg	0.00µg
Beta Carotene	136.93µg	410.79µg
Retinol	5.39µg	16.17µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.14mg	0.43mg
Riboflavin	0.11mg	0.32mg
Niacin	7.67mg	23.01mg
Pantothenic Acid	0.72mg	2.16mg
Vitamin B6	0.24mg	0.71mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.01µg	0.03µg
Folate	11.27µg	33.81µg
Vitamin B12	trace	trace
Vitamin C	5.02mg	15.06mg
Vitamin D	3.92IU	11.76IU
Vitamin D MCG	0.10µg	0.29µg
Vitamin E	0.89mg	2.68mg
Biotin	2.26µg	6.79µg
Vitamin K	2.38µg	7.15µg
Calcium	30.13mg	90.38mg
Chloride	145.89mg	437.67mg
Choline	0.00µg	0.00µg
Copper	0.11mg	0.34mg
Iodine	4.31µg	12.92µg
Iron	1.08mg	3.25mg
Magnesium	25.81mg	77.43mg

0.153%	0.459g	Cardamon, ground	Manganese	0.17mg	0.52mg
0.153%	0.459g	Anise seeds	Nitrogen	2.28g	6.85g
0.122%	0.367g	Ground Cumin	Phosphorus	129.11mg	387.33mg
0.122%	0.367g	Cinnamon, ground	Potassium	339.70mg	1019.11mg
0.122%	0.367g	Coconut, desiccated	Selenium	8.00µg	24.01µg
0.092	0.276g	Salt	Tryptophan/60	2.71mg	8.14mg
%			Zinc	0.88mg	2.63mg
0.061%	0.184g	Fennel seeds	Ash	0.01g	0.04g
0.061%	0.184g	Chilli powder	Lutein Zeaxanthin	76.74µg	230.21µg
0.061%	0.184g	Cumin seeds	Lycopene	535.51µg	1606.53µg
0.061%	0.184g	Pepper, black	Water	74.59g	223.76g
0.031%	0.092g	Mustard seeds	Ethanol	0.00g	0.00g
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			

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