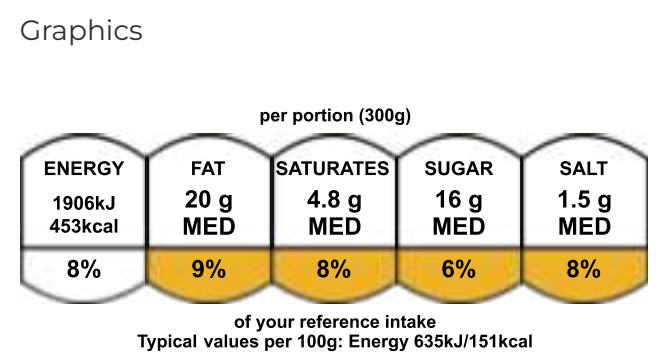


Chicken Madras - Traditional chicken curry from Chennai formerly known as Madras, chicken simmered in a coconut milk and tamarind sauce spiced with mundu chilli and tempered with curry leaves and black mustard seeds

Serving Size	
Serving size	300g
Number of servings	541.12
Container Size	
Container size	600.0g
Number of servings	2



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 (**Mustard**), 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, casserole, 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

Nutrients		
	per 100g	per 300 g serving
Energy	635.25kJ	1905.76kJ
Calories	151.09kcal	453.26kcal
Protein	17.08g	51.23g
Total Carbohydrate	0.00g	0.00g
Available	6.43g	19.28g
Carbohydrate		
Sugars	5.35g	16.05g
Starch	0.32g	0.96g
Added Sugar	0.00g	0.00g
Total Fat	6.59g	19.76g
Saturated Fat	1.61g	4.83g
Monounsaturated	2.96g	8.89g
Fats		
Polyunsaturated Fats	1.55g	4.64g
Trans Fat	trace	trace
Dietary Fiber	1.36g	4.09g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	194.49mg	583.47mg
Salt	0.49g	1.48g
Cholesterol	80.08mg	240.24mg
Vitamin A	220.45IU	661.36IU
Vitamin A RAE	34.99µg	104.96µg
Carotene	115.32µg	345.95µg
Alpha Carotene	trace	0.00µg
Beta Carotene	51.10µg	153.30µg
Retinol	12.32µg	36.96µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.10mg	0.31mg
Riboflavin	0.14mg	0.42mg
Niacin	5.83mg	17.49mg
Pantothenic Acid	0.93mg	2.80mg
Vitamin B6	0.20mg	0.61mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	4.00µg	12.01µg
Equivalents		
Food Folate	4.01µg	12.04µg
Folate	10.58µg	31.75µg
Vitamin B12	0.62µg	1.85µg
Vitamin C	4.61mg	13.83mg
Vitamin D	4.93IU	14.78IU
Vitamin D MCG	0.12µg	0.37µg
Vitamin E	0.74mg	2.23mg
Biotin	2.69µg	8.06µg
Vitamin K	3.34µg	10.03µg
Calcium	43.72mg	131.17mg
Chloride	233.65mg	700.95mg
Choline	3.97µg	11.92µg
Copper	0.19mg	0.56mg

0.224%	0.673g	Ground Coriander	Iodine	4.82µg	14.46µg
0.135%	0.404g	Crushed Red Chillies, Dried	Iron	1.66mg	4.98mg
			Magnesium	30.40mg	91.21mg
0.135%	0.404g	Garam masala	Manganese	0.15mg	0.46mg
			Nitrogen	2.65g	7.96g
0.135%	0.404g	Salt	Phosphorus	125.82mg	377.46mg
			Potassium	311.39mg	934.17mg
0.112%	0.337g	Curry leaves, fresh	Selenium	10.71µg	32.12µg
0.09%	0.269g	Fennel seeds	Tryptophan/60	3.21mg	9.63mg
0.09%	0.269g	Fenugreek seeds	Zinc	1.51mg	4.53mg
0.09%	0.269g	Mustard seeds	Ash	0.43g	1.28g
0.09%	0.269g	Turmeric, ground	Lutein Zeaxanthin	54.23µg	162.68µg
0.067%	0.202g	Cumin seeds	Lycopene	1608.65µg	4825.94µg
			Water	0.00g	0.00g
0.016%	0.047g	Pepper, black	Ethanol	0.00g	0.00g
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			