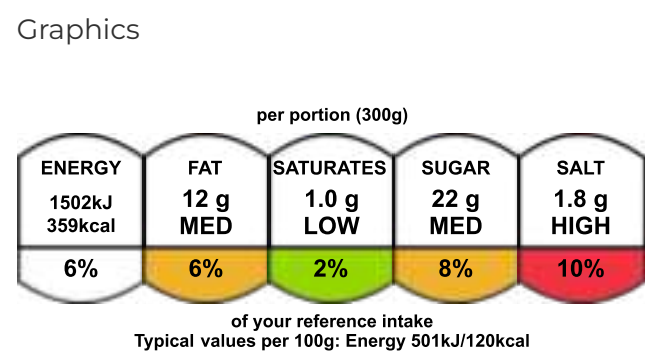


Kadela Curry - Chick pea simmered in a south Indian Keralan coconut milk curry spiced with Aamchoor, chilli and ground coriander

Serving Size	
Serving size	300g
Number of servings	335.19

Container Size	
Container size	600.0g
Number of servings	2



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

Nutrients		
	per 100g	per 300 g serving
Energy	500.61kJ	1501.83kJ
Calories	119.76kcal	359.27kcal
Protein	5.09g	15.27g
Total Carbohydrate	0.00g	0.00g
Available	14.19g	42.56g
Carbohydrate		
Sugars	7.37g	22.10g
Starch	0.24g	0.72g
Added Sugar	0.00g	0.00g
Total Fat	4.00g	12.01g
Saturated Fat	0.34g	1.02g
Monounsaturated	1.72g	5.15g
Fats		
Polyunsaturated Fats	1.23g	3.68g
Trans Fat	trace	trace
Dietary Fiber	4.69g	14.06g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	237.73mg	713.20mg
Salt	0.60g	1.81g
Cholesterol	0.00mg	0.00mg
Vitamin A	535.92IU	1607.75IU
Vitamin A RAE	36.42µg	109.27µg
Carotene	80.66µg	241.98µg
Alpha Carotene	8.65µg	25.96µg
Beta Carotene	291.84µg	875.52µg
Retinol	0.00µg	0.00µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.07mg	0.21mg
Riboflavin	0.08mg	0.23mg
Niacin	1.24mg	3.73mg
Pantothenic Acid	0.06mg	0.19mg
Vitamin B6	0.15mg	0.46mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	25.06µg	75.18µg
Equivalents		
Food Folate	25.07µg	75.20µg
Folate	27.64µg	82.92µg
Vitamin B12	0.00µg	0.00µg
Vitamin C	8.15mg	24.44mg
Vitamin D	0.00IU	0.00IU
Vitamin D MCG	0.00µg	0.00µg
Vitamin E	2.02mg	6.07mg
Biotin	0.21µg	0.64µg
Vitamin K	7.93µg	23.80µg
Calcium	53.44mg	160.32mg
Chloride	178.64mg	535.92mg
Choline	11.49µg	34.46µg
Copper	0.26mg	0.79mg
Iodine	0.42µg	1.27µg
Iron	1.99mg	5.96mg
Magnesium	37.47mg	112.41mg

0.128%	0.755g	Chana Masala	Manganese	0.56mg	1.67mg
0.214%	0.641g	Chilli powder	Nitrogen	0.10g	0.31g
0.171%	0.513g	Salt	Phosphorus	82.34mg	247.01mg
0.171%	0.513g	Curry leaves, fresh	Potassium	482.32mg	1446.95mg
0.171%	0.513g	Chunky Chaat Masala	Selenium	3.01µg	9.03µg
0.128%	0.384	Cumin seeds	Tryptophan/60	0.11mg	0.34mg
	g		Zinc	0.60mg	1.79mg
0.128%	0.384	Mustard seeds	Ash	1.25g	3.75g
	g		Lutein Zeaxanthin	8.98µg	26.94µg
0.128%	0.384	Fennel seeds	Lycopene	8639.62µg	25918.85µg
	g		Water	0.00g	0.00g
0.128%	0.384	Turmeric, ground	Ethanol	0.00g	0.00g
	g				
0.128%	0.384	Ground Cumin			
	g				
0.128%	0.384	Garam masala			
	g				
0.085%	0.256g	Fenugreek seeds			
0.085%	0.256g	Crushed Red Chillies, Dried			
0.043%	0.128g	Pepper, black			
0.026%	0.077g	Cardamon, ground			
0.015%	0.046	Bay leaf, dried			
	g				
0.01%	0.031g	Mace, ground			
0.009%	0.026g	Cloves, dried			
0.009%	0.026g	Cinnamon, ground			
0%	0g	Pepper, black			