Chicken Chettinad

Tamil style spicy chicken curry, black pepper, roasted coriander, cumin, chilli and regional Tamil herbs.

SERVING SIZE	PACK SIZE	SERVINGS PER PACK
300 g	**600 g**	**2**

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
997kJ 237kcal	7.9 g LOW	1.7 g LOW	8.9 g LOW	0.72 g LOW
12%	11%	8%	10%	12%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 332kJ / 79kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	332kJ	997kJ
	79kcal	237kcal
Fat	2.7g	7.9g
of which saturates	0.6g	1.7g
Carbohydrate	3.4g	10g
of which sugars	3.0g	8.9g
Protein	11g	33g
Salt	0.24g	0.72g

Ingredients and allergens

Chicken, Onion, Tomatoes, Tomato Purée, Coconut Milk, Rapeseed Oil, Water, Lemon Juice (**Sulphites**), Coriander Seeds, Ground Coriander, Fennel Seeds, Black Pepper, Dried Red Chillies, Cardamom, Anise Seeds, Ground Cumin, Cinnamon, Coconut, Salt, Chilli Powder, Cumin Seeds, Mustard Seeds (**Mustard**), Mace, Turmeric, Bay Leaf, Tamarind, Chicken Stock (Water, Chicken Bones), Curry Leaves.

CONTAINS **Mustard**, **Sulphites**

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

Recipe breakdown per 300 g serving

49%	147g	Chicken, dark meat, raw
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 rapeseed oil
0.837%	2.51g	Oil, rapeseed
0.612%	1.84g	Water, distilled
0.306%	0.919g	Lemon juice, fresh
0.245%	0.735g	Fennel seeds
0.245%	0.735g	Pepper, black
0.245%	0.735g	Coriander seeds
0.184%	0.551g	Ground Coriander
0.184%	0.551g	Crushed Red Chillies, Dried
0.153%	0.459g	Cardamom, 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	Chilli powder
0.061%	0.184g	Cumin seeds
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	Chicken stock
trace	trace	Curry leaves, fresh

Full nutrient profile

	PER 100G	PER 300G
Energy	332.26 kJ	996.77 kJ
Energy	78.87 kcal	236.62 kcal
Fat	2.65 g	7.94 g
of which saturates	0.55 g	1.66 g
Monounsaturated Fats	1.31 g	3.93 g
Polyunsaturated Fats	0.63 g	1.89 g
Trans Fatty Acids	0.01 g	0.03 g
Carbohydrate	3.41 g	10.24 g
of which sugars	2.95 g	8.86 g
of which starch	0.00 g	0.00 g
Fibre	1.23 g	3.70 g
Protein	11.14 g	33.43 g
Salt	0.24 g	0.72 g
Sodium	94.05 mg	282.14 mg
Vitamin A IU	172.38 IU	517.13 IU
Vitamin A RAE	37.13 µg	111.38 µg
Carotene	164.37 µg	493.10 µg
Alpha Carotene	0.00 µg	0.00 µg
Beta Carotene	136.93 µg	410.79 µg
Retinol	9.80 µg	29.40 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.18 mg	0.53 mg
Riboflavin	0.13 mg	0.40 mg
Niacin	5.32 mg	15.95 mg
Pantothenic Acid	0.57 mg	1.72 mg
Vitamin B6	0.20 mg	0.59 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.01 µg	0.03 µg

	PER 100G	PER 300G
Folate	10.78 µg	32.34 µg
Vitamin B12	0.49 µg	1.47 µg
Vitamin C	5.02 mg	15.06 mg
Vitamin D IU	1.96 IU	5.88 IU
Vitamin D MCG	0.05 µg	0.15 µg
Vitamin E	0.85 mg	2.54 mg
Biotin	2.26 µg	6.79 µg
Vitamin K	2.41 µg	7.22 µg
Calcium	28.17 mg	84.50 mg
Chloride	163.04 mg	489.12 mg
Choline	0.00 µg	0.00 µg
Copper	0.07 mg	0.22 mg
Iodine	3.82 µg	11.45 µg
Iron	1.13 mg	3.40 mg
Magnesium	24.83 mg	74.49 mg
Manganese	0.17 mg	0.50 mg
Nitrogen	1.78 g	5.34 g
Phosphorus	75.22 mg	225.65 mg
Potassium	369.10 mg	1107.30 mg
Selenium	7.02 µg	21.07 µg
Tryptophan/60	2.13 mg	6.38 mg
Zinc	0.98 mg	2.93 mg
Ash	0.01 g	0.04 g
Cholesterol	51.44 mg	154.33 mg
Lutein Zeaxanthin	76.74 µg	230.21 µg
Lycopene	535.51 µg	1606.53 µg
Water	79.73 g	239.20 g

Reviewed on 3 November 2026. Values per 100 g and per 300 g serving.