Kadela Curry

Chickpeas simmered in a South Indian Keralan coconut milk curry spiced with amchur, chilli and ground coriander.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1502kJ 359kcal	12 g MED	1.0 g LOW	22 g MED	1.8 g MED
18%	17%	5%	25%	30%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 501kJ / 120kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	501kJ	1502kJ
	120kcal	359kcal
Fat	4.0g	12g
of which saturates	0.3g	1.0g
Carbohydrate	14g	43g
of which sugars	7.4g	22g
Protein	5.1g	15g
Salt	0.60g	1.8g

Ingredients and allergens

Chickpeas, Tomato Paste, Coconut Milk, Onion, Rapeseed Oil, Ginger, Garlic, Tomato Purée, Amchur, 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, Cardamom, Bay Leaf, Mace, Cloves, Cinnamon.

CONTAINS **Mustard**

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

Recipe breakdown per 300 g serving

38.4%	115g	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
0.256%	0.769g	Ground Coriander
0.256%	0.769g	Chana Masala
0.214%	0.641g	Chilli powder
0.171%	0.513g	Salt
0.171%	0.513g	Curry leaves, fresh
0.171%	0.513g	Chunky Chaat Masala
0.128%	0.384g	Cumin seeds
0.128%	0.384g	Mustard seeds
0.128%	0.384g	Fennel seeds
0.128%	0.384g	Turmeric, ground
0.128%	0.384g	Ground Cumin
0.128%	0.384g	Garam masala
0.085%	0.256g	Fenugreek seeds
0.085%	0.256g	Crushed Red Chillies, Dried
0.043%	0.128g	Pepper, black
0.026%	0.077g	Cardamom, ground
0.015%	0.046g	Bay leaf, dried
0.01%	0.031g	Mace, ground
0.009%	0.026g	Cloves, dried
0.009%	0.026g	Cinnamon, ground

Full nutrient profile

	PER 100G	PER 300G
Energy	500.61 kJ	1501.83 kJ
Energy	119.76 kcal	359.27 kcal
Fat	4.00 g	12.01 g
of which saturates	0.34 g	1.02 g
Monounsaturated Fats	1.72 g	5.15 g
Polyunsaturated Fats	1.23 g	3.68 g
Trans Fatty Acids	trace	trace
Carbohydrate	14.19 g	42.56 g
of which sugars	7.37 g	22.10 g
of which starch	0.24 g	0.72 g
Fibre	4.69 g	14.06 g
Protein	5.09 g	15.27 g
Salt	0.60 g	1.81 g
Sodium	237.73 mg	713.20 mg
Vitamin A IU	535.92 IU	1607.75 IU
Vitamin A RAE	36.42 µg	109.27 µg
Carotene	80.66 µg	241.98 µg
Alpha Carotene	8.65 µg	25.96 µg
Beta Carotene	291.84 µg	875.52 µg
Retinol	0.00 µg	0.00 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.07 mg	0.21 mg
Riboflavin	0.08 mg	0.23 mg
Niacin	1.24 mg	3.73 mg
Pantothenic Acid	0.06 mg	0.19 mg
Vitamin B6	0.15 mg	0.46 mg
Dietary Folate Equivalents	25.06 µg	75.18 µg
Food Folate	25.07 µg	75.20 µg

	PER 100G	PER 300G
Folate	27.64 µg	82.92 µg
Vitamin B12	0.00 µg	0.00 µg
Vitamin C	8.15 mg	24.44 mg
Vitamin D IU	0.00 IU	0.00 IU
Vitamin D MCG	0.00 µg	0.00 µg
Vitamin E	2.02 mg	6.07 mg
Biotin	0.21 µg	0.64 µg
Vitamin K	7.93 µg	23.80 µg
Calcium	53.44 mg	160.32 mg
Chloride	178.64 mg	535.92 mg
Choline	11.49 µg	34.46 µg
Copper	0.26 mg	0.79 mg
Iodine	0.42 µg	1.27 µg
Iron	1.99 mg	5.96 mg
Magnesium	37.47 mg	112.41 mg
Manganese	0.56 mg	1.67 mg
Nitrogen	0.10 g	0.31 g
Phosphorus	82.34 mg	247.01 mg
Potassium	482.32 mg	1446.95 mg
Selenium	3.01 µg	9.03 µg
Tryptophan/60	0.11 mg	0.34 mg
Zinc	0.60 mg	1.79 mg
Ash	1.25 g	3.75 g
Cholesterol	0.00 mg	0.00 mg
Lutein Zeaxanthin	8.98 µg	26.94 µg
Lycopene	8639.62 µg	25918.85 µg
Water	0.00 g	0.00 g

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