

# Bhuna Murgh - Chicken simmered in a rich onion and tomato bhuna sauce with black cardemom, bay leaves and cassia bark

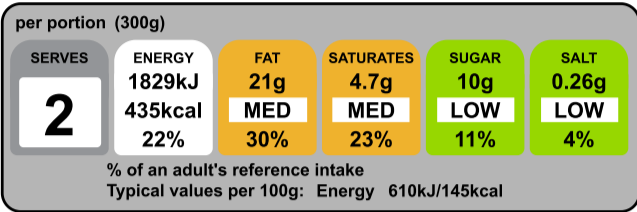
## Serving Size

Serving size	300g
Pack Size	
Pack size	600.0g
Number of servings	2

## Nutrients

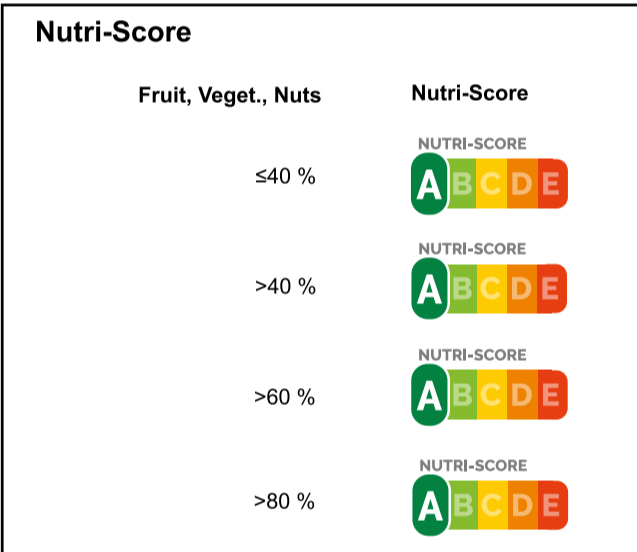
	per 100g	per 300 g serving
Energy	609.6kJ	1828.7kJ
Energy	145.0kcal	434.9kcal
Fat	6.9g	20.7g
of which saturates	1.6g	4.7g
Fatty Acids	3.2g	9.6g
Monounsaturated		
Fatty Acids	1.6g	4.9g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	4.9g	14.7g
of which sugars	3.4g	10.3g
Added Sugar	0.0g	0.0g
Fibre	1.6g	4.7g
Protein	16.5g	49.6g
Salt	0.09g	0.26g
Sodium	33.5mg	100.5mg
Vitamin A IU	160.0IU	480.1IU
Vitamin A RAE	48.0µg	144.0µg
Carotene	217.3µg	651.9µg
Alpha Carotene	0.7µg	2.2µg
Beta Carotene	182.3µg	546.9µg
Retinol	11.9µg	35.8µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.3mg
Niacin	5.7mg	17.0mg
Pantothenic Acid	0.9mg	2.7mg
Vitamin B6	0.2mg	0.6mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	16.8µg	50.5µg
Vitamin B12	0.6µg	1.8µg
Vitamin C	11.5mg	34.4mg
Vitamin D IU	4.8IU	14.3IU
Vitamin D MCG	0.1µg	0.4µg
Vitamin E	0.7mg	2.2mg
Biotin	3.2µg	9.7µg
Vitamin K	9.4µg	28.1µg
Calcium	38.3mg	114.8mg
Chloride	104.6mg	313.9mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.4mg
Iodine	5.6µg	16.9µg
Iron	1.6mg	4.8mg
Magnesium	25.2mg	75.5mg
Manganese	0.2mg	0.6mg
Nitrogen	2.6g	7.9g
Phosphorus	121.8mg	365.4mg
Potassium	289.6mg	868.9mg
Selenium	10.2µg	30.7µg
Tryptophan/60	3.2mg	9.7mg
Zinc	1.5mg	4.4mg
Ash	0.0g	0.0g
Cholesterol	77.6mg	232.9mg
Lutein Zeaxanthin	35.9µg	107.6µg
Lycopene	184.3µg	553.0µg
Starch	0.6g	1.8g
Water	0.0g	0.0g

## Graphics



Typical values	per 100g	per 300g serving
Energy	610kJ 145kcal	1829kJ 435kcal
Fat	6.9g	21g
of which saturates	1.6g	4.7g
Carbohydrate	4.9g	15g
of which sugars	3.4g	10g
Protein	17g	50g
Salt	0.09g	0.26g

Nutrition Facts	Amount / serving		% DV		Amount / serving		% DV	
	2 servings per container	Total fat	21g	26%	Total Carbohydrate	19g	7%	
Serving size 11oz (300g)	Saturated Fat	4.5g	23%	Dietary Fiber	5g	17%		
<b>Calories per serving 430</b>	Trans Fat	0g		Total Sugars	10g			
	Cholesterol	235mg	78%	Incl. 0g Added Sugars	0%			
	Sodium	100mg	4%	Protein	50g			
	Vitamin D	2%	•Calcium 8%	•Iron 25%	•Potassium 20%			



## Ingredients and Allergens

Chicken, Onion, Tomatoes, Garlic, Green Chilli, Ginger, Coriander Leaves, Rapeseed Oil, Tomato Purée, Ground Coriander, Turmeric, Ground Cumin, Curry Powder (**Mustard**), Lemon Juice, Garam Masala, Cumin Seeds, Caraway Seeds, Chilli Powder, Bay Leaf, Cardamon, Black Pepper, Cinnamon, Anise Seed, Cloves, Nutmeg.

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

42.4%	127.3g	Chicken, thighs, casseroled, meat only, diced
29.7%	89.1g	Onions, raw
17.7%	53.1g	Tomatoes, standard, raw
2.48%	7.43g	Garlic, raw
1.77%	5.31g	Peppers, capsicum, chilli, green, raw
1.41%	4.24g	Ginger, fresh
1.41%	4.24g	Coriander leaves, fresh
0.967%	2.9g	Oil, rapeseed
0.707%	2.12g	Tomato puree
0.318%	0.955g	Ground Coriander
0.141%	0.424g	Turmeric, ground
0.141%	0.424g	Ground Cumin
0.141%	0.424g	Curry powder
0.141%	0.424g	Lemon juice, fresh
0.113%	0.34g	Garam masala
0.106%	0.318g	Cumin seeds
0.106%	0.318g	Caraway seeds
0.071%	0.212g	Chilli powder
0.042%	0.127g	Bay leaf, dried
0.035%	0.106g	Cardamon, ground
0.021%	0.064g	Pepper, black
0.014%	0.042g	Cinnamon, ground
0.006%	0.017g	Spices, anise seed
0.006%	0.017g	Cloves, dried
0.004%	0.013g	Nutmeg, ground