

# Chicken Jalfrezi - Chicken cooked with bell peppers and onion simmered in a roasted tomato and shallots sauce finished with corriander and pickling oil

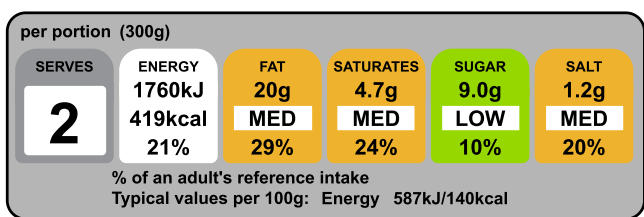
## Serving Size

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

## Nutrients

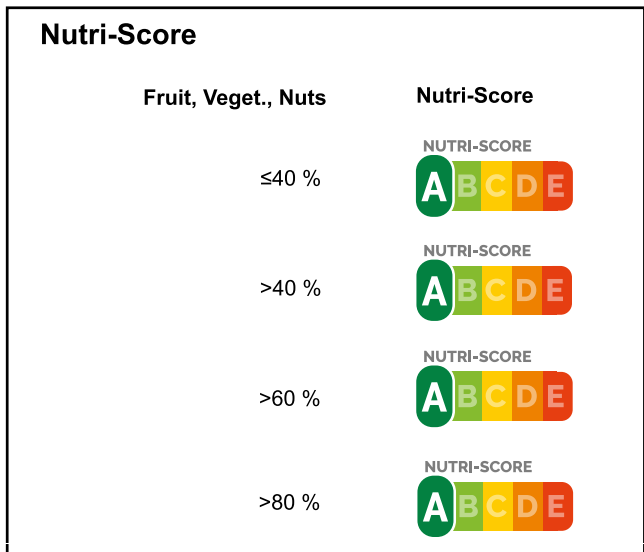
	per 100g	per 300 g serving
Energy	586.5kJ	1759.6kJ
Energy	139.7kcal	419.0kcal
Fat	6.7g	20.2g
of which saturates	1.6g	4.7g
Fatty Acids	3.1g	9.4g
Monounsaturated		
Fatty Acids	1.6g	4.8g
Polyunsaturated		
Trans Fatty Acids	trace	trace
Carbohydrate	3.7g	11.2g
of which sugars	3.0g	9.0g
Added Sugar	0.0g	0.0g
Fibre	1.3g	4.0g
Protein	16.8g	50.3g
Salt	0.4g	1.2g
Sodium	159.3mg	477.8mg
Vitamin A IU	238.4IU	715.2IU
Vitamin A RAE	56.9µg	170.8µg
Carotene	268.2µg	804.6µg
Alpha Carotene	0.9µg	2.6µg
Beta Carotene	205.5µg	616.4µg
Retinol	12.2µg	36.7µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.4mg
Riboflavin	0.1mg	0.4mg
Niacin	5.8mg	17.4mg
Pantothenic Acid	0.9mg	2.7mg
Vitamin B6	0.2mg	0.7mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	17.5µg	52.4µg
Vitamin B12	0.6µg	1.8µg
Vitamin C	23.2mg	69.6mg
Vitamin D IU	4.9IU	14.7IU
Vitamin D MCG	0.1µg	0.4µg
Vitamin E	1.0mg	3.0mg
Biotin	3.5µg	10.5µg
Vitamin K	7.8µg	23.5µg
Calcium	30.5mg	91.4mg
Chloride	291.7mg	875.0mg
Choline	0.0µg	0.0µg
Copper	0.2mg	0.5mg
Iodine	6.1µg	18.3µg
Iron	1.4mg	4.2mg
Magnesium	24.2mg	72.6mg
Manganese	0.2mg	0.5mg
Nitrogen	2.7g	8.1g
Phosphorus	116.1mg	348.2mg
Potassium	270.2mg	810.5mg
Selenium	10.5µg	31.5µg
Tryptophan/60	3.2mg	9.7mg
<b>Zinc</b>	<b>1.5mg</b>	<b>4.4mg</b>
Ash	0.0g	0.0g
Cholesterol	79.6mg	238.7mg
Lutein Zeaxanthin	83.2µg	249.5µg
Lycopene	543.7µg	1631.1µg
Starch	0.3g	0.9g
Water	0.0g	0.0g

## Graphics



Typical values	per 100g	per 300g serving
Energy	587kJ 140kcal	1760kJ 419kcal
Fat	6.7g	20g
of which saturates	1.6g	4.7g
Carbohydrate	3.7g	11g
of which sugars	3.0g	9.0g
Protein	17g	50g
Salt	0.41g	1.2g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	<b>Total fat</b>	20g	26%	<b>Total Carbohydrate</b>	15g
Serving size 11oz (300g)	Saturated Fat	4.5g	24%	Dietary Fiber	4g	14%
<b>Calories per serving 420</b>	Trans Fat	0g		Total Sugars	9g	
	Cholesterol	240mg	80%	Incl. 0g Added Sugars		0%
	Sodium	480mg	21%	<b>Protein</b>	50g	
	Vitamin D	2%	*Calcium	8%	*Iron	25%
				*Potassium	15%	



## Ingredients and Allergens

Chicken, Tomatoes, Onion, Red Peppers, Yellow Peppers, Green Peppers, Garlic, Tomato Purée, Coriander Leaves, Rapeseed Oil, Ginger, Salt, Ground Coriander, Chilli Powder, Dried Red Chillies, Garam Masala, **mustard** Seeds, Cumin Seeds, Fennel Seeds, Coriander Seeds, Ground Cumin, Turmeric, Black Pepper, Bay Leaf, Cardamon, Cinnamon. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

46.1%	138.2g	Chicken, thighs, casseroled, meat only, diced
23%	69.1g	Tomatoes, canned, whole contents
13.8%	41.5g	Onions, raw
3.68%	11.1g	Pepper, capsicum, red, raw
3.68%	11.1g	Pepper, capsicum, yellow, raw
3.68%	11.1g	Peppers, capsicum, green, raw
1.38%	4.15g	Garlic, raw
0.921%	2.76g	Tomato puree
0.921%	2.76g	Coriander leaves, fresh
0.839%	2.52g	Oil, rapeseed
0.461%	1.38g	Ginger, fresh
0.23%	0.691g	Salt
0.23%	0.691g	Ground Coriander
0.184%	0.553g	Chilli powder
0.138%	0.415g	Crushed Red Chillies, Dried
0.115%	0.345g	Garam masala
0.092%	0.276g	Mustard seeds
0.092%	0.276g	Cumin seeds
0.092%	0.276g	Fennel seeds
0.092%	0.276g	Coriander seeds
0.092%	0.276g	Ground Cumin
0.069%	0.207g	Turmeric, ground
0.046%	0.138g	Pepper, black
0.014%	0.041g	Bay leaf, dried
0.014%	0.041g	Cardamon, ground
0.009%	0.028g	Cinnamon, ground