

Murgh Makhani - Tandoori chicken simmered in a smooth aromatic buttery tomato sauce, finished with local honey and ground fenugreek

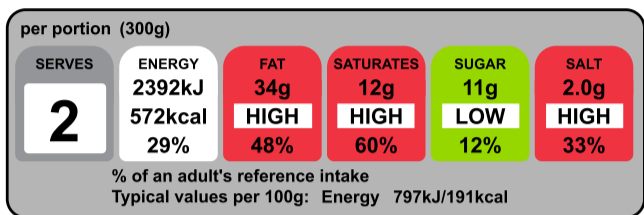
Serving Size

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

Nutrients

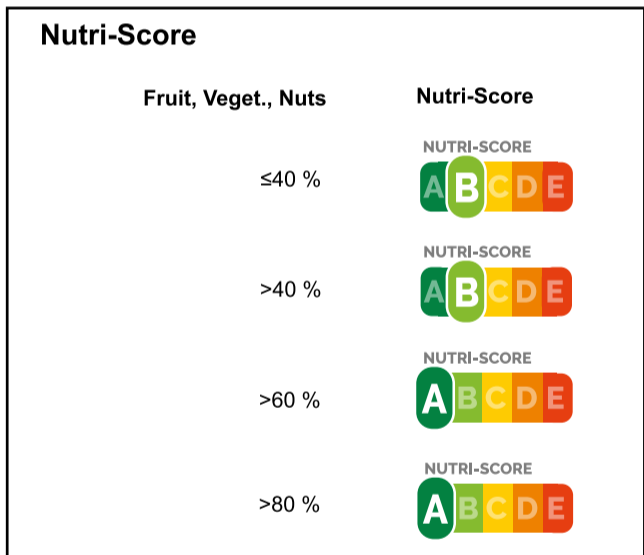
	per 100g	per 300 g serving
Energy	797.3kJ	2392.0kJ
Energy	190.7kcal	572.1kcal
Fat	11.2g	33.7g
of which saturates	4.0g	11.9g
Fatty Acids	4.2g	12.5g
Monounsaturated		
Fatty Acids	2.4g	7.2g
Polyunsaturated		
Trans Fatty Acids	0.1g	0.3g
Carbohydrate	4.7g	14.1g
of which sugars	3.5g	10.5g
Added Sugar	0.9g	2.7g
Fibre	1.2g	3.6g
Protein	18.0g	53.9g
Salt	0.7g	2.0g
Sodium	260.5mg	781.4mg
Vitamin A IU	314.6IU	943.9IU
Vitamin A RAE	74.3µg	223.0µg
Carotene	94.0µg	282.1µg
Alpha Carotene	trace	trace
Beta Carotene	84.8µg	254.3µg
Retinol	54.6µg	163.9µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.4mg
Niacin	6.2mg	18.5mg
Pantothenic Acid	1.0mg	2.9mg
Vitamin B6	0.2mg	0.6mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	4.9µg	14.6µg
Equivalents		
Food Folate	4.9µg	14.6µg
Folate	12.1µg	36.3µg
Vitamin B12	0.7µg	2.0µg
Vitamin C	4.4mg	13.2mg
Vitamin D IU	6.6IU	19.9IU
Vitamin D MCG	0.2µg	0.5µg
Vitamin E	0.9mg	2.7mg
Biotin	2.8µg	8.4µg
Vitamin K	3.8µg	11.4µg
Calcium	39.0mg	117.1mg
Chloride	307.8mg	923.5mg
Choline	4.8µg	14.5µg
Copper	0.2mg	0.7mg
Iodine	5.8µg	17.4µg
Iron	1.8mg	5.4mg
Magnesium	37.8mg	113.3mg
Manganese	0.2mg	0.6mg
Nitrogen	2.8g	8.4g
Phosphorus	138.3mg	414.8mg
Potassium	276.4mg	829.2mg
Selenium	10.9µg	32.7µg
Tryptophan/60	3.5mg	10.4mg
Zinc	1.6mg	4.9mg
Ash	0.5g	1.5g
Cholesterol	90.0mg	270.0mg
Lutein Zeaxanthin	59.7µg	179.2µg
Lycopene	1914.7µg	5744.2µg
Starch	0.3g	0.9g
Water	0.0g	0.0g

Graphics



Typical values	per 100g	per 300g serving
Energy	797kJ	2392kJ
	191kcal	572kcal
Fat	11g	34g
of which saturates	4.0g	12g
Carbohydrate	4.7g	14g
of which sugars	3.5g	11g
Protein	18g	54g
Salt	0.66g	2.0g

Nutrition Facts	Amount / serving		% DV	Amount / serving		% DV
	2 servings per container	Total fat	34g	43%	Total Carbohydrate	18g
Serving size 11oz (300g)	Saturated Fat	12g	60%	Dietary Fiber	4g	13%
Calories per serving 570	Trans Fat	0g		Total Sugars	11g	
	Cholesterol	270mg	90%	Incl. 0g Added Sugars		5%
	Sodium	780mg	34%	Protein	54g	
	Vitamin D	2%	•Calcium 10%	•Iron 30%	•Potassium 20%	



Ingredients and Allergens

Chicken, Tomatoes, Onion, Cream (**Milk**), Butter (**Milk**), Melon Seeds, Garlic, Ginger, Honey, Rapeseed Oil, Chilli Powder, Ground Coriander, Salt, Fenugreek Leaves, Cardamon, Garam Masala, Ground Cumin.

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

47.8%	143.3g	Chicken, thighs, casseroled, meat only, diced
28.7%	86g	Tomatoes, crushed, canned
9.55%	28.7g	Onions, raw
4.78%	14.3g	Cream, fresh, single
1.91%	5.73g	Butter, unsalted
1.91%	5.73g	Melon seeds
1.19%	3.58g	Garlic, raw
1.19%	3.58g	Ginger, fresh
0.955%	2.87g	Honey
0.87%	2.61g	Oil, rapeseed
0.239%	0.717g	Chilli powder
0.191%	0.573g	Ground Coriander
0.191%	0.573g	Salt
0.143%	0.43g	Fenugreek leaves, raw
0.143%	0.43g	Cardamon, ground
0.096%	0.287g	Salt
0.096%	0.287g	Garam masala
0.096%	0.287g	Ground Cumin