

Achaari Murgh - Chicken wings marinated in indian pickling spices

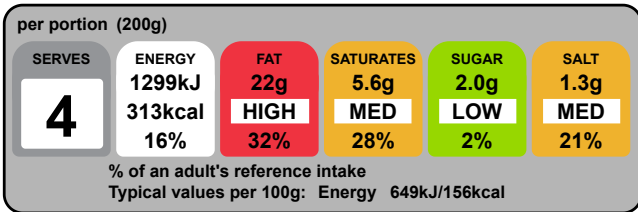
Serving Size

Serving size	200g
Pack Size	
Pack size	800.0g
Number of servings	4

Nutrients

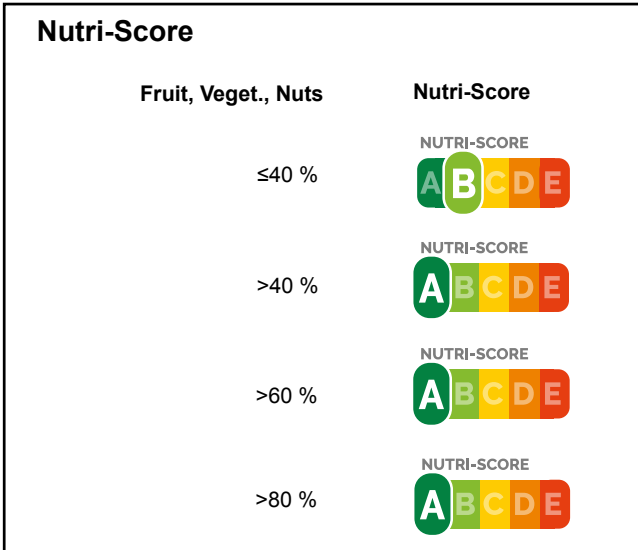
	per 100g	per 200 g serving
Energy	649.4kJ	1298.9kJ
Energy	156.3kcal	312.7kcal
Fat	11.2g	22.4g
of which saturates	2.8g	5.6g
Carbohydrate	2.4g	4.9g
of which sugars	1.0g	2.0g
Added Sugar	0.0g	0.0g
Protein	11.4g	22.7g
Salt	0.6g	1.3g
Vitamin K	4.5µg	9.0µg

Graphics



Typical values	per 100g	per 200g serving
Energy	649kJ 156kcal	1299kJ 313kcal
Fat	11g	22g
of which saturates	2.8g	5.6g
Carbohydrate	2.4g	4.9g
of which sugars	1.0g	2.0g
Protein	11g	23g
Salt	0.64g	1.3g

Nutrition Facts	Amount / serving		Amount / serving	
		% DV		% DV
4 servings per container	Total fat	22g 29%	Total Carbohydrate	6g 2%
Serving size 7oz (200g)	Saturated Fat	6g 28%	Dietary Fiber	less than 8%
Calories 310 per serving	Trans Fat	0g	Total Sugars	2g
	Cholesterol	85mg 28%	Incl. 0g Added Sugars	0%
	Sodium	500mg 22%	Protein	23g
	Vitamin D	2%	Calcium	4%
	Iron	10%	Potassium	8%



Ingredients and Allergens

Chicken, Yogurt (**Milk**), Rapeseed Oil, Chickpea Flour, Mixed Pickle Extract, Lemon Juice, Salt, Ground Cumin, Green Chilli, Garam Masala, Garlic, Ginger, Turmeric, Mango, Carrots, Lime, Red Chilli, **soya**, Fennel, Fenugreek Seeds, Anise Seeds, Cumin Seeds, Nigella Seeds.

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

74%	148g	Chicken, wing quarter, roasted, meat and skin, weighed with bone
14%	28g	Yogurt, Greek style, plain
3.64%	7.29g	Oil, rapeseed
3%	6g	Chickpea flour (besan)
1%	2g	Mixed Pickle extract
1%	2g	Lemon juice, fresh
0.5%	1g	Salt
0.4%	0.8g	Ground Cumin
0.4%	0.8g	Peppers, capsicum, chilli, green, raw
0.36%	0.72g	Garam masala
0.3%	0.6g	Garlic, raw
0.3%	0.6g	Ginger, fresh
0.2%	0.4g	Turmeric, ground
0.16%	0.32g	Mango, unripe, green flesh, raw
0.16%	0.32g	Carrots, old, raw
0.16%	0.32g	Limes, flesh only, weighed with peel and pips
0.16%	0.32g	Peppers, capsicum, chilli, red, raw
0.1%	0.2g	Oil, soya
0.04%	0.08g	Fennel, Florence, raw
0.04%	0.08g	Fenugreek seeds
0.02%	0.04g	Anise seeds
0.02%	0.04g	Cumin seeds
0.02%	0.04g	Nigella, Kalonji, Black Onion Seeds

Notes

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