

Adraki Murgh - Chicken drumsticks marinade in ginger, green chilli and garam masala

Serving Size

Serving size 160g

Pack Size

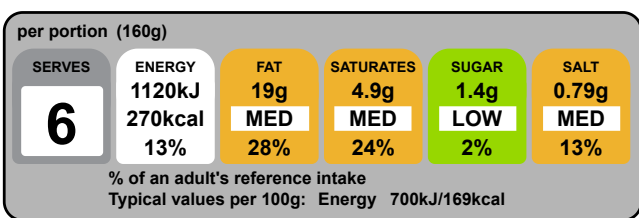
Pack size 960.0g

Number of servings 6

Nutrients

	per 100g	per 160 g serving
Energy	700.1kJ	1120.2kJ
Energy	168.5kcal	269.7kcal
Fat	12.1g	19.4g
of which saturates	3.0g	4.9g
Carbohydrate	2.0g	3.2g
of which sugars	0.9g	1.4g
Added Sugar	0.0g	0.0g
Protein	12.7g	20.3g
Salt	0.50g	0.79g
Vitamin K	4.4µg	7.0µg

Graphics



Typical values	per 100g	per 160g serving
Energy	700kJ 169kcal	1120kJ 270kcal
Fat	12g	19g
of which saturates	3.0g	4.9g
Carbohydrate	2.0g	3.2g
of which sugars	0.9g	1.4g
Protein	13g	20g
Salt	0.50g	0.79g

Nutrition Facts	Amount / serving		Amount / serving	
		% DV		% DV
6 servings per container Serving size 6oz (160g) Calories per serving 270	Total fat	19g 25%	Total Carbohydrate	4g 1%
	Saturated Fat	5g 24%	Dietary Fiber	less than 2%
	Trans Fat	0g	Total Sugars	1g
	Cholesterol	105mg 34%	Incl. 0g Added Sugars	0%
	Sodium	310mg 14%	Protein	20g
	Vitamin D	0%	Calcium	4%
	Iron	8%	Potassium	6%

Nutri-Score

Fruit, Veget., Nuts

Nutri-Score

≤40 %



>40 %



>60 %



>80 %



Ingredients and Allergens

Chicken, Yogurt (**Milk**), Rapeseed Oil, Chickpea Flour, Ginger, Tomato Purée, Garlic, Lemon Juice, Garam Masala, Salt, Chilli Powder, Green Chilli, Fenugreek Leaves.

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

78.4%	125.4g	Chicken, drumsticks, casseroled, meat and skin, weighed with bone
11.2%	17.9g	Yogurt, Greek style, plain
3.5%	5.6g	Oil, rapeseed
2.1%	3.36g	Chickpea flour (besan)
1.4%	2.24g	Ginger, fresh
0.84%	1.34g	Tomato puree
0.7%	1.12g	Garlic, raw
0.7%	1.12g	Lemon juice, fresh
0.42%	0.672g	Garam masala
0.35%	0.56g	Salt
0.21%	0.336g	Chilli powder
0.14%	0.224g	Peppers, capsicum, chilli, green, raw
0.07%	0.112g	Fenugreek leaves, raw

Notes

Adraki Murgh - Chicken drumsticks marinate in ginger, green chilli and garam masala