

Chicken Keema Karahi

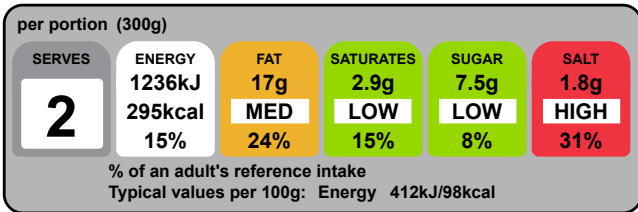
Serving Size

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

Nutrients

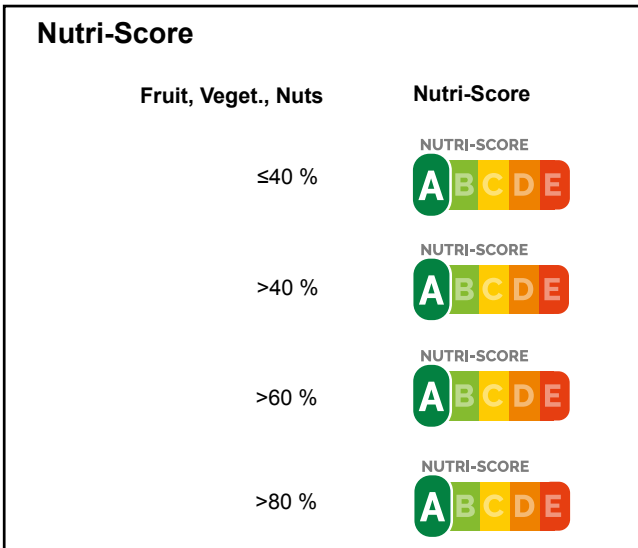
	per 100g	per 300 g serving
Energy	412.2kJ	1236.5kJ
Energy	98.4kcal	295.3kcal
Fat	5.7g	17.0g
of which saturates	1.0g	2.9g
Carbohydrate	3.5g	10.4g
of which sugars	2.5g	7.5g
Added Sugar	0.0g	0.0g
Protein	9.2g	27.6g
Salt	0.6g	1.8g
Vitamin K	9.9µg	29.8µg

Graphics



Typical values	per 100g	per 300g serving
Energy	412kJ 98kcal	1236kJ 295kcal
Fat	5.7g	17g
of which saturates	1.0g	2.9g
Carbohydrate	3.5g	10g
of which sugars	2.5g	7.5g
Protein	9.2g	28g
Salt	0.61g	1.8g

Nutrition Facts	Amount / serving		% DV			
2 servings per container	Total fat	17g	22%	Total Carbohydrate	14g	5%
Serving size 11oz (300g)	Saturated Fat	3g	15%	Dietary Fiber	4g	14%
Calories per serving 300	Trans Fat	0g		Total Sugars	7g	
	Cholesterol	125mg	41%	Incl. 0g Added Sugars		0%
	Sodium	730mg	32%	Protein	28g	
	Vitamin D	0%	•Calcium	6%	•Iron	20%
				•Potassium	15%	



Ingredients and Allergens

Chicken, Tomatoes, Onion, Green Peppers, Yellow Peppers, Red Peppers, Chicken Soup, Rapeseed Oil, Water, Garlic, Coriander Leaves, Ginger, Salt, Fennel Seeds, Coriander Seeds, Dried Red Chillies, Green Chilli, Cumin Seeds, Ground Black Pepper, Turmeric, Ground Cumin, Garam Masala, Fenugreek Leaves, Black Pepper, Chilli Powder, Cinnamon, Cloves, Cardamom Seeds, Mace, Bay Leaf.

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

31.8%	95.3g	Chicken, thighs, casseroled, meat only, diced
15.9%	47.6g	Tomatoes, canned, whole contents
12.7%	38.1g	Onions, raw
4.76%	14.3g	Tomatoes, standard, raw
4.76%	14.3g	Peppers, capsicum, green, raw
4.76%	14.3g	Pepper, capsicum, yellow, raw
4.76%	14.3g	Pepper, capsicum, red, raw
4.76%	14.3g	Onions, raw
3.18%	9.53g	Soup, stock, chicken, home-prepared
2.53%	7.6g	Oil, rapeseed
2.38%	7.15g	Water, tap, drinking
1.99%	5.96g	Garlic, raw
1.59%	4.76g	Coriander leaves, fresh
1.19%	3.57g	Ginger, fresh
0.556%	1.67g	Salt
0.357%	1.07g	Fennel seeds
0.357%	1.07g	Coriander seeds
0.318%	0.953g	Crushed Red Chillies, Dried
0.318%	0.953g	Peppers, capsicum, chilli, green, raw
0.238%	0.715g	Cumin seeds
0.159%	0.476g	Black Pepper Coarse Ground
0.143%	0.429g	Turmeric, ground
0.119%	0.357g	Ground Cumin
0.119%	0.357g	Garam masala
0.119%	0.357g	Fenugreek leaves, raw
0.087%	0.262g	Pepper, black
0.04%	0.119g	Chilli powder
0.012%	0.036g	Cinnamon, ground
0.008%	0.024g	Cloves, dried
0.008%	0.024g	Cardamom seeds
0.008%	0.024g	Mace, ground
0.004%	0.012g	Bay leaf, dried

Notes

Traditional North Indian style minced chicken cooked with bell peppers and cracked whole spices.