

Mahi Machli - Tandoori Salmon marinated in red bell pepper, tomato and mint

Serving Size

Serving size 120g

Pack Size

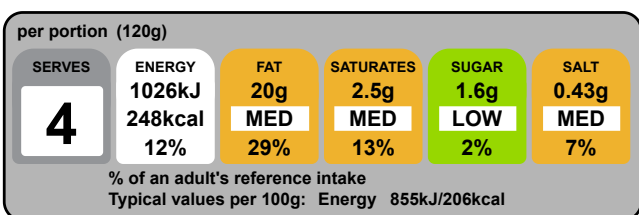
Pack size 480.0g

Number of servings 4

Nutrients

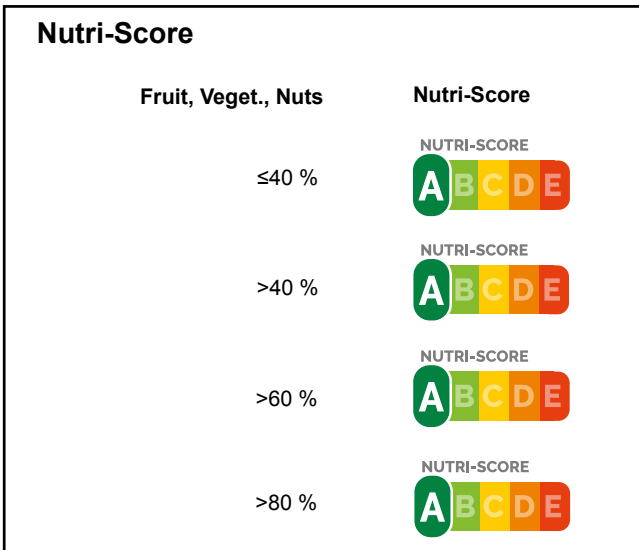
	per 100g	per 120 g serving
Energy	854.7kJ	1025.7kJ
Energy	206.3kcal	247.5kcal
Fat	17.0g	20.4g
of which saturates	2.1g	2.5g
Carbohydrate	2.1g	2.5g
of which sugars	1.3g	1.6g
Added Sugar	0.0g	0.0g
Protein	11.6g	13.9g
Salt	0.35g	0.43g
Vitamin K	11.1µg	13.4µg

Graphics



Typical values	per 100g	per 120g serving
Energy	855kJ 206kcal	1026kJ 248kcal
Fat	17g	20g
of which saturates	2.1g	2.5g
Carbohydrate	2.1g	2.5g
of which sugars	1.3g	1.6g
Protein	12g	14g
Salt	0.35g	0.43g

Nutrition Facts	Amount / serving		Amount / serving	
		% DV		% DV
4 servings per container Serving size 4oz (120g) Calories per serving 250	Total fat	20g 26%	Total Carbohydrate	4g 1%
	Saturated Fat	2.5g 13%	Dietary Fiber	1g 4%
	Trans Fat	0g	Total Sugars	2g
	Cholesterol	45mg 14%	Incl. 0g Added Sugars	0%
	Sodium	170mg 7%	Protein	14g
	Vitamin D	15%	Calcium	2%
			Iron	6%
			Potassium	8%



Ingredients and Allergens

Salmon (**Fish**), Red Peppers, Rapeseed Oil, Tomatoes, Garlic, Tomato Purée, Red Chilli, Lemon Juice, Ginger, Mint, Rosemary, Chilli Powder, Garam Masala, Green Chilli, Ground Cumin, Salt. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

52.9%	63.5g	Salmon, farmed, flesh only, raw
18.9%	22.7g	Pepper, capsicum, red, raw
8.82%	10.6g	Oil, rapeseed
8.82%	10.6g	Tomatoes, standard, raw
3.15%	3.78g	Garlic, raw
1.51%	1.81g	Tomato puree
1.26%	1.51g	Peppers, capsicum, chilli, red, raw
1.26%	1.51g	Lemon juice, fresh
0.63%	0.756g	Ginger, fresh
0.504%	0.605g	Mint, fresh
0.504%	0.605g	Rosemary, fresh
0.378%	0.453g	Chilli powder
0.378%	0.453g	Garam masala
0.378%	0.453g	Peppers, capsicum, chilli, green, raw
0.378%	0.453g	Ground Cumin
0.252%	0.302g	Salt

Notes

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