

# Tulsi Murgh - Chicken thigh tikka marinated in fresh coriander, basil, fenugreek and roasted cumin

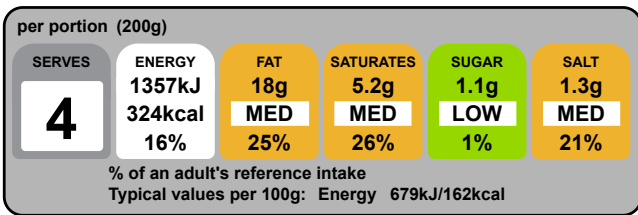
## Serving Size

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

## Nutrients

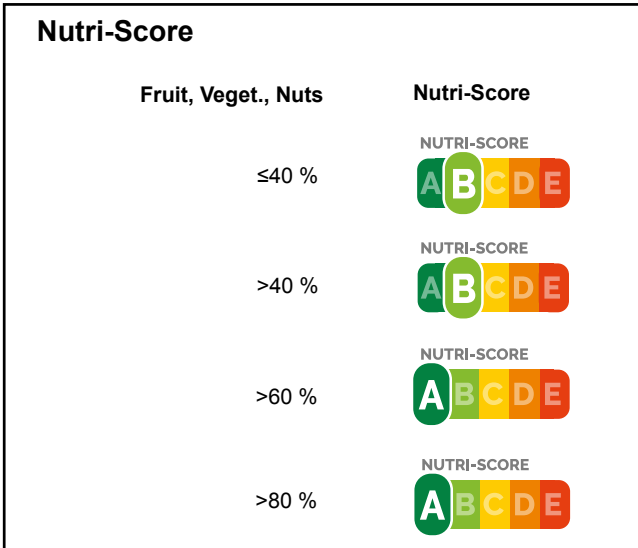
	per 100g	per 200 g serving
Energy	678.6kJ	1357.3kJ
Energy	162.0kcal	324.0kcal
Fat	8.8g	17.5g
of which saturates	2.6g	5.2g
Carbohydrate	0.9g	1.8g
of which sugars	0.6g	1.1g
Added Sugar	0.0g	0.0g
Protein	20.1g	40.2g
Salt	0.6g	1.3g
Vitamin K	21.1µg	42.1µg

## Graphics



Typical values	per 100g	per 200g serving
Energy	679kJ 162kcal	1357kJ 324kcal
Fat	8.8g	18g
of which saturates	2.6g	5.2g
Carbohydrate	0.9g	1.8g
of which sugars	0.6g	1.1g
Protein	20g	40g
Salt	0.64g	1.3g

Nutrition Facts	Amount / serving		Amount / serving	
		% DV		% DV
4 servings per container Serving size 7oz (200g) Calories per serving 320	Total fat	18g 22%	Total Carbohydrate	2g 1%
	Saturated Fat	5g 26%	Dietary Fiber	0g 2%
	Trans Fat	0g	Total Sugars	1g
	Cholesterol	200mg 66%	Incl. 0g Added Sugars	0%
	Sodium	500mg 22%	Protein	40g
	Vitamin D	2%	Calcium	6%
			Iron	15%
			Potassium	8%



## Ingredients and Allergens

Chicken, Yogurt (**Milk**), Coriander Leaves, Basil, Lemon Juice, Rapeseed Oil, Salt, Fenugreek Leaves, Cumin Seeds, Green Chilli, Garlic, Ginger, Garam Masala.

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

---

74.7%	149.4g	Chicken, thighs, casseroled, meat only, diced
10.7%	21.3g	Yogurt, Greek style, plain
6.4%	12.8g	Coriander leaves, fresh
2.56%	5.12g	Basil, fresh
2.13%	4.27g	Lemon juice, fresh
1.07%	2.13g	Oil, rapeseed
0.534%	1.07g	Salt
0.427%	0.854g	Fenugreek leaves, raw
0.427%	0.854g	Cumin seeds
0.32%	0.64g	Peppers, capsicum, chilli, green, raw
0.267%	0.534g	Garlic, raw
0.267%	0.534g	Ginger, fresh
0.213%	0.427g	Garam masala

## Notes

Tulsi Murgh - Chicken thigh tikka marinated in basil, fenugreek and roasted cumin