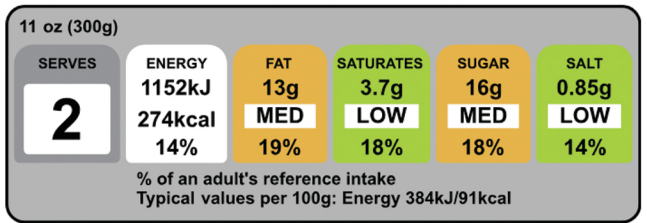


CHICKEN DHANSAK - A flavorful Parsi curry known for its unique blend of sweet, sour andspicy notes, lentils and vegetables simmered with chicken in a rich, thick sauce.

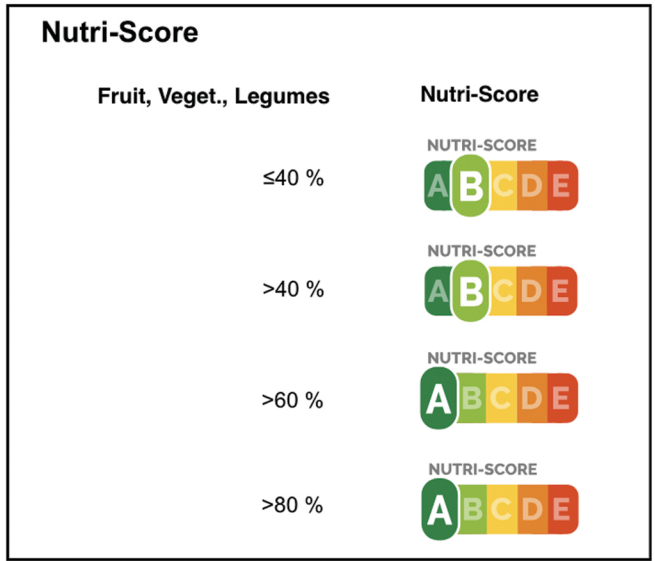
Serving Size	
Serving size	300g
Container Size	
Container size	600.0g
Number of servings	2

Graphics



Typical values	per 100g	per 300g serving
Energy	384kJ	1152kJ
	91kcal	274kcal
Fat	4.4g	13g
of which saturates	1.2g	3.7g
Carbohydrate	11g	32g
of which sugars	5.3g	16g
Protein	3.1g	9.2g
Salt	0.28g	0.85g

Nutrition Facts	Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
2 servings per container	Total Fat 13g	17%	Total Carbohydrate 38g	14%
Serving size 11 oz (300g)	Saturated Fat 3.5g	18%	Dietary Fiber 6g	22%
Calories per serving 270	Trans Fat 0g		Total Sugars 16g	
	Cholesterol 15mg	4%	Includes 0g Added Sugars	0%
	Sodium 330mg	14%	Protein 9g	
Vitamin D 0.1mcg 0% • Calcium 110mg 8% • Iron 4.7mg 25% • Potassium 840mg 20% Vitamin A 670mcg 70% • Vitamin C 21mg 25% • Vitamin E 3.6mg 25% • Vitamin K 25mcg 20% Thiamin 0.49mg 20% • Riboflavin 0.1mg 10% • Niacin 3.6mg 20% • Vitamin B6 0.46mg 30% Folate 0mcg DFE 0mcg 0% • Vitamin B9 0mcg 0% • Biotin 2.9mcg 10% • Pantothenate 0.6mg 11% Phosphorus 160mg 15% • Iodine 8mcg 6% • Iron 4.7mg 25% • Magnesium 70mg 17% Zinc 1.3mg 10% • Selenium 2mcg 3% • Copper 0.35mg 39% • Manganese 0.54mg 23% Chloride 640mg 26% • Choline 0mcg 0%				



Ingredients and Allergens

Onion, Tomatoes, Red Lentils, Rapeseed Oil, Garlic, Butter Ghee (**Milk**), Molasses, Ginger, Tomato Purée, Coriander Leaves, Lemon Juice (**Sulphites**), Ground Coriander, Salt, Ground Cumin, Garam Masala, Turmeric, Cumin Seeds, Chilli Powder, Dried Red Chillies, MDH Meat Masala (**Mustard**, **Sulphites**), Chicken, Bay Leaf, Chicken Stock, Tamarind.

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

47.6%	142.9g	Onions, raw
23.8%	71.4g	Tomatoes, canned, whole contents
7.14%	21.4g	Lentils, red, split, dried, raw
5.95%	17.9g	Tomatoes, standard, raw
2.17%	6.51g	Oil, rapeseed
1.79%	5.36g	Garlic, raw
1.79%	5.36g	Ghee, butter
1.79%	5.36g	Molasses
1.49%	4.47g	Ginger, fresh
1.49%	4.47g	Garlic, raw
1.19%	3.57g	Tomato puree
1.19%	3.57g	Coriander leaves, fresh
0.595%	1.79g	Lemon juice, fresh
0.357%	1.07g	Ground Coriander
0.238%	0.714g	Salt
0.238%	0.714g	Ground Cumin
0.238%	0.714g	Garam masala
0.202%	0.607g	Turmeric, ground
0.179%	0.536g	Cumin seeds
0.179%	0.536g	Chilli powder
0.119%	0.357g	Crushed Red Chillies, Dried
0.119%	0.357g	Untitled ingredient
0.071%	0.214g	Chicken, thighs, casseroled, meat only, diced
0.024%	0.071g	Bay leaf, dried
0.004%	0.011g	Stock, chicken, ready made, retail
0.004%	0.011g	Tamarind pulp, flesh only

Nutrients	per 100g	per 300 g serving
Energy	383.9kJ	1151.7kJ
Calories	91.5kcal	274.4kcal
Protein	3.1g	9.2g
Carbohydrate	10.7g	32.1g
Sugars	5.3g	16.0g
Starch	3.8g	11.5g
Added Sugar	0.0g	0.0g
Total Fat	4.4g	13.1g
Saturated Fat	1.2g	3.7g
Fatty Acids	1.9g	5.6g
Monounsaturated		
Fatty Acids	0.9g	2.6g
Polyunsaturated		
Trans Fat	0.0g	0.1g
Dietary Fiber	2.0g	6.1g
Sodium	111.1mg	333.2mg
Salt	0.28g	0.85g
Cholesterol	4.5mg	13.5mg
Vitamin A	223.5IU	670.5IU
Vitamin A RAE	57.6µg	172.8µg
Carotene	247.1µg	741.2µg
Alpha Carotene	0.4µg	1.3µg
Beta Carotene	196.0µg	587.9µg
Retinol	16.5µg	49.4µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.4mg
Riboflavin	0.0mg	0.1mg
Niacin	1.2mg	3.5mg
Pantothenic Acid	0.2mg	0.6mg
Vitamin B6	0.2mg	0.5mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalents		
Food Folate	0.0µg	0.0µg
Folate	13.4µg	40.2µg
Vitamin B12	0.0µg	0.0µg
Vitamin C	7.1mg	21.3mg
Vitamin D	0.8IU	2.4IU
Vitamin D MCG	0.0µg	0.1µg
Vitamin E	1.2mg	3.6mg
Biotin	1.0µg	2.9µg
Vitamin K	8.2µg	24.7µg
Calcium	36.4mg	109.2mg
Chloride	212.9mg	638.6mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.4mg
Iodine	2.8µg	8.3µg
Iron	1.6mg	4.7mg
Magnesium	23.9mg	71.6mg
Manganese	0.2mg	0.5mg
Nitrogen	0.5g	1.5g
Phosphorus	53.5mg	160.4mg
Potassium	281.3mg	843.8mg
Selenium	0.5µg	1.6µg
Tryptophan/60	0.5mg	1.4mg
Zinc	0.4mg	1.3mg
Ash	0.0g	0.0g
Lutein Zeaxanthin	59.2µg	177.7µg
Lycopene	445.3µg	1336.0µg
Water	77.4g	232.3g
Ethanol	0.0g	0.0g