

Chicken Biryani

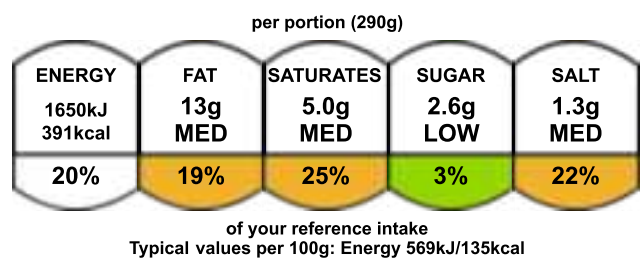
Serving Size

Gross weight	580.19g
Serving size	290.1g

Pack Size

Pack size	580.0g
Number of servings	2

Graphics



Nutrition Facts	
about 2 servings per container	
Serving size	10 oz (290g)
Amount per serving	
Calories	390
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 90mg	29%
Sodium 510mg	22%
Total Carb. 43g	16%
Dietary Fiber 2g	8%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0.3mcg	2%
Calcium 80mg	6%
Iron 4.0mg	20%
Potassium 640mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Nutrients

	per 100g	per 290 g serving
Energy	568.9kJ	1650.2kJ
Energy	134.9kcal	391.5kcal
Fat	4.6g	13.2g
of which saturates	1.7g	5.0g
Carbohydrate	14.2g	41.2g
of which sugars	0.9g	2.6g
Added Sugar	0.0g	0.0g
Protein	10.2g	29.6g
Salt	0.4g	1.3g
Vitamin K	9.8µg	28.5µg
Ethanol	0.0g	0.0g

Ingredients and Allergens

Signature Pilao - Aged Basmati Cooked With Aromats And Fresh Herbs (Water, Basmati Rice, Onion, Tomatoes, Coriander Leaves, Rapeseed Oil, Mint, Garlic, Ginger, Salt, Cumin Seeds, Garam Masala, Chilli Powder, Cinnamon, Black Pepper, Bay Leaf, Cloves, Mace), Chicken, Onion, Tomatoes, **Butter Ghee (Milk)**, **Cream (Milk)**, Mint, Garlic, **Yogurt (Milk)**, Coriander Leaves, Ginger, Biryani Massala, Rapeseed Oil, Ground Cumin, Anise Seeds, Cardamon, Cinnamon, Cloves, Mace, Garam Masala, Salt, Ground Coriander, Green Chilli.

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

Notes

Traditional Hyderabadi style biryani, Aromatic slow cooked chicken masala, layered with fragrant pilau rice finished with mint and coriander.