

# Bhuna Murgh - Chicken simmered in a rich onion and tomato bhuna sauce with black cardemom, bay leaves and cassia bark

## Serving Size

Serving size 300g

## Container Size

Container size 600.0g

Number of servings 2

## Graphics

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
<b>Total Fat</b> 16g	<b>23%</b>	<b>Total Carbohydrate</b> 17g	<b>6%</b>
Saturated Fat 4.0g	<b>20%</b>	Dietary Fiber 4g	<b>15%</b>
Trans Fat 0g		Total Sugars 9g	
<b>Cholesterol</b> 200mg	<b>67%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>	<b>Protein</b> 43g	

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories is used as a general nutrition guide.

**2 servings per container**  
**Serving size**  
**11 oz (300g)**  
**Calories per serving** **380**

Vitamin D 0.3mcg 2% • Calcium 100mg 8% • Iron 4.2mg 25% • Potassium 760mg 15%  
 Vitamin A 420mcg 45% • Vitamin C 30mg 35% • Vitamin E 1.9mg 15% • Vitamin K 24mcg 20%  
 Thiamin 0.28mg 35% • Riboflavin 0.2mg 20% • Niacin 14.8mg 30% • Vitamin B6 0.48mg 30%  
 Folate 0mcg DFE 0mcg 0% • Vitamin B12 1.56mcg 60% • Biotin 8.4mcg 28% • Pantothenate 2.4mg 47%  
 Phosphorus 305mg 25% • Iodine 15mcg 10% • Iron 4.2mg 25% • Magnesium 45mg 16%  
 Zinc 5.8mg 35% • Selenium 27mcg 49% • Copper 0.38mg 43% • Manganese 0.49mg 21%  
 Chloride 310mg 22% • Choline 0mcg 0%

## Nutrients

	per 100g	per 300 g serving
Energy	529.9kJ	1589.7kJ
Calories	126.0kcal	378.0kcal
Protein	14.4g	43.1g
Carbohydrate	4.3g	12.8g
Sugars	3.0g	9.0g
Starch	0.5g	1.5g
Added Sugar	0.0g	0.0g
Total Fat	6.0g	18.0g
Saturated Fat	1.4g	4.1g
Monounsaturated	2.8g	8.4g
Fats		
Polyunsaturated Fats	1.4g	4.3g
Trans Fat	trace	trace
Dietary Fiber	1.4g	4.1g
Sodium	80.1mg	240.4mg
Salt	0.20g	0.61g
Cholesterol	67.5mg	202.5mg
Vitamin A	139.1IU	417.4IU
Vitamin A RAE	41.7µg	125.2µg
Carotene	188.9µg	566.7µg
Alpha Carotene	0.6µg	1.9µg
Beta Carotene	158.5µg	475.4µg
Retinol	10.4µg	31.2µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.3mg
Niacin	4.9mg	14.8mg
Pantothenic Acid	0.8mg	2.4mg
Vitamin B6	0.2mg	0.5mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	0.0µg	0.0µg
Equivalent		
Food Folate	0.0µg	0.0µg
Folate	14.6µg	43.9µg
Vitamin B12	0.5µg	1.6µg
Vitamin C	10.0mg	29.9mg
Vitamin D	4.2IU	12.5IU
Vitamin D MCG	0.1µg	0.3µg
Vitamin E	0.6mg	1.9mg
Biotin	2.8µg	8.4µg
Vitamin K	8.1µg	24.4µg
Calcium	33.3mg	99.9mg
Chloride	168.7mg	506.1mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.4mg
Iodine	4.9µg	14.8µg
Iron	1.4mg	4.2mg
Magnesium	22.0mg	65.9mg
Manganese	0.2mg	0.5mg
Nitrogen	2.3g	6.9g
Phosphorus	105.9mg	317.6mg
Potassium	251.9mg	755.7mg

## Ingredients and Allergens

Chicken, Onion, Tomatoes, Garlic, Green Chilli, Ginger, Coriander Leaves, Rapeseed Oil, Tomato Purée, Ground Coriander, Bhuna Masala, Turmeric, Ground Cumin, Curry Powder (**Mustard**), Lemon Juice, Garam Masala, Cumin Seeds, Caraway Seeds, Salt, Chilli Powder, Bay Leaf, Cardamon, Black Pepper, Cinnamon, Anise Seed, Cloves, Nutmeg.

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

42.3%	126.9g	Chicken, thighs, casserole, meat only, diced
29.6%	88.9g	Onions, raw
17.6%	52.9g	Tomatoes, standard, raw
2.47%	7.4g	Garlic, raw
1.76%	5.29g	Peppers, capsicum, chilli, green, raw
1.41%	4.23g	Ginger, fresh
1.41%	4.23g	Coriander leaves, fresh
0.964%	2.89g	Oil, rapeseed
0.705%	2.12g	Tomato puree
0.317%	0.952g	Ground Coriander
0.212%	0.635g	Bhuna Masala
0.141%	0.423g	Turmeric, ground
0.141%	0.423g	Ground Cumin

0.141%	0.423	Curry powder	Selenium	8.9µg	26.7µg
	g		Tryptophan/60	2.8mg	8.4mg
0.141%	0.423	Lemon juice, fresh	Zinc	1.3mg	3.8mg
	g		Ash	0.0g	0.0g
0.113%	0.338	Garam masala	Lutein Zeaxanthin	31.2µg	93.5µg
	g		Lycopene	160.2µg	480.7µg
0.106	0.317g	Cumin seeds	Water	0.0g	0.0g
%			Ethanol	0.0g	0.0g
0.106	0.317g	Caraway seeds			
%					
0.106	0.317g	Salt			
%					
0.071	0.212g	Chilli powder			
%					
0.042	0.127g	Bay leaf, dried			
%					
0.035	0.106g	Cardamon, ground			
%					
0.021	0.063	Pepper, black			
%	g				
0.014	0.042	Cinnamon, ground			
%	g				
0.006	0.017g	Spices, anise seed			
%					
0.006	0.017g	Cloves, dried			
%					
0.004	0.013g	Nutmeg, ground			
%					

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