

Murgh Makhani - Tandoori chicken simmered in a smooth aromatic buttery tomato sauce, finished with local honey and ground fenugreek

Serving Size

Serving size 300g

Container Size

Container size 600.0g

Number of servings 2

Graphics

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 25g	32%	Total Carbohydrate 23g	8%
Saturated Fat 8g	40%	Dietary Fiber 4g	13%
Trans Fat 0g		Total Sugars 15g	
Cholesterol 245mg	82%	Includes 7g Added Sugars	14%
Sodium 610mg	27%	Protein 53g	

2 servings per container
Serving size 11 oz (300g)
Calories per serving 510

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a diet of 2,000 calories. Daily values are given as a general nutrition advice.

Vitamin D 0.4mcg 2% • Calcium 110mg 8% • Iron 5.4mg 30% • Potassium 850mg 20%
 Vitamin A 630mcg 70% • Vitamin C 38mg 40% • Vitamin E 2.0mg 15% • Vitamin K 8mcg 8%
 Thiamin 0.43mg 30% • Riboflavin 0.43mg 30% • Niacin 16.1mg 100% • Vitamin B6 0.63mg 40%
 Folate 15mcg DFE 15mcg 4% • Vitamin B12 1.87mcg 80% • Biotin 7.9mcg 26% • Pantothenate 2.8mg 56%
 Phosphorus 400mg 30% • Iodine 17mcg 11% • Iron 5.4mg 30% • Magnesium 110mg 27%
 Zinc 4.8mg 45% • Selenium 32mcg 58% • Copper 0.73mg 81% • Manganese 0.63mg 27%
 Chloride 680mg 69% • Choline 100mg 2%

Nutrients

	per 100g	per 300 g serving
Energy	708.5kJ	2125.4kJ
Calories	169.0kcal	506.9kcal
Protein	17.4g	52.3g
Carbohydrate	6.5g	19.5g
Sugars	4.9g	14.8g
Starch	0.3g	0.9g
Added Sugar	2.4g	7.2g
Total Fat	8.3g	24.9g
Saturated Fat	2.7g	8.0g
Monounsaturated Fats	3.1g	9.3g
Polyunsaturated Fats	2.0g	6.0g
Trans Fat	0.0g	0.1g
Dietary Fiber	1.2g	3.7g
Sodium	204.9mg	614.8mg
Salt	0.5g	1.6g
Cholesterol	82.5mg	247.5mg
Vitamin A	217.9IU	653.6IU
Vitamin A RAE	45.9µg	137.6µg
Carotene	76.8µg	230.3µg
Alpha Carotene	trace	trace
Beta Carotene	67.7µg	203.0µg
Retinol	29.2µg	87.5µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.1mg	0.4mg
Niacin	6.0mg	18.1mg
Pantothenic Acid	0.9mg	2.8mg
Vitamin B6	0.2mg	0.6mg
Folic Acid	0.0µg	0.0µg
Dietary Folate	4.7µg	14.2µg
Equivalent		
Food Folate	7.2µg	21.6µg
Folate	14.3µg	42.8µg
Vitamin B12	0.6µg	1.9µg
Vitamin C	12.7mg	38.1mg
Vitamin D	5.6IU	16.7IU
Vitamin D MCG	0.1µg	0.4µg
Vitamin E	0.7mg	2.0mg
Biotin	2.6µg	7.9µg
Vitamin K	2.7µg	8.0µg
Calcium	37.1mg	111.4mg
Chloride	226.1mg	678.4mg
Choline	4.7µg	14.1µg
Copper	0.2mg	0.7mg
Iodine	5.6µg	16.9µg
Iron	1.8mg	5.4mg
Magnesium	37.3mg	112.0mg
Manganese	0.2mg	0.6mg
Nitrogen	2.7g	8.1g
Phosphorus	134.6mg	403.7mg
Potassium	282.3mg	847.0mg

Ingredients and Allergens

Chicken, Tomatoes, Onion, Melon Seeds, Peppers, Bell, Green, Raw, Peppers, Bell, Yellow, Raw, Peppers, Bell, Red, Raw, Cream (**Milk**), Garlic, Ginger, Sugar, Yogurt (**Milk**), Butter (**Milk**), Honey, Tandoori Masala, Chilli Powder, Rapeseed Oil, Ground Coriander, Fenugreek Leaves, Cardamon, Salt, Garam Masala, Ground Cumin, Turmeric, Cloves.

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

46.4%	139.2g	Chicken, thighs, casserole, meat only, diced
27.8%	83.5g	Tomatoes, crushed, canned
9.28%	27.8g	Onions, raw
1.86%	5.57g	Melon seeds
1.7%	5.09g	Peppers, bell, green, raw
1.7%	5.09g	Peppers, bell, yellow, raw
1.7%	5.09g	Peppers, bell, red, raw
1.39%	4.17g	Cream, fresh, single
1.16%	3.48g	Garlic, raw
1.16%	3.48g	Ginger, fresh
1.16%	3.48g	Sugar, white
1.16%	3.48g	Yogurt, low fat, plain
0.928	2.78g	Butter, unsalted
%		
0.928	2.78g	Honey
%		
0.325	0.974	Tandoori Masala
%	g	
0.232	0.696	Chilli powder
%		

0.211%	0.634g	Oil, rapeseed	Selenium	10.6µg	31.8µg
			Tryptophan/60	3.4mg	10.1mg
			Zinc	1.6mg	4.8mg
0.186%	0.557g	Ground Coriander	Ash	0.5g	1.5g
			Lutein Zeaxanthin	57.7µg	173.0µg
0.139%	0.417g	Fenugreek leaves, raw	Lycopene	1859.1µg	5577.3µg
			Water	0.0g	0.0g
0.139%	0.417g	Cardamon, ground	Ethanol	0.0g	0.0g
0.093%	0.278g	Salt			
0.093%	0.278g	Garam masala			
0.093%	0.278g	Ground Cumin			
0.093%	0.278g	Salt			
0.065%	0.195g	Turmeric, ground			
0.005%	0.014g	Cloves, dried			

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