OLD DELHI STYLE CHICKEN KORMA - A royal curry of braised chicken thigh, delicately spiced with a rich gravy.

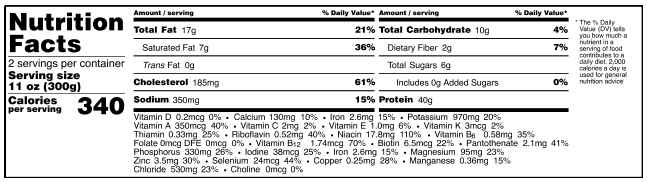
Serving Size

Serving size	300g

Container Size

Container size	600.0g
Number of servings	2

Graphics



Nutrition Facts

2 servings per container
Serving size 11 oz (300g)
Calories per serving 340

Amount / serving	% Daily Value*	Amount / serving	% Daily Value*
Total Fat 17g	**21%**	**Total Carbohydrate** 10g	**4%**
Saturated Fat 7g	**36%**	Dietary Fiber 2g	**7%**
Trans Fat 0g		Total Sugars 6g	
Cholesterol 185mg	**61%**	Includes 0g Added Sugars	**0%**
Sodium 350mg	**15%**	**Protein** 40g	

* 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

Vitamin D 0.2mcg 0% • Calcium 130mg 10% • Iron 2.6mg 15% • Potassium 970mg 20%
Vitamin A 350mcg 40% • Vitamin C 2mg 2% • Vitamin E 1.0mg 6% • Vitamin K 3mcg 2%
Thiamin 0.33mg 25% • Riboflavin 0.52mg 40% • Niacin 17.8mg 110% • Vitamin B_6 0.58mg 35%
Folate 0mcg DFE 0mcg 0% • Vitamin B_{12} 1.74mcg 70% • Biotin 6.5mcg 22% • Pantothenate 2.1mg 41%
Phosphorus 330mg 26% • Iodine 38mcg 25% • Iron 2.6mg 15% • Magnesium 95mg 23%
Zinc 3.5mg 30% • Selenium 24mcg 44% • Copper 0.25mg 28% • Manganese 0.36mg 15%
Chloride 530mg 23% • Choline 0mcg 0%

Ingredients and Allergens

Chicken, Onion, Yogurt (**Milk**), Water, Coconut Milk, Melon Seeds, Coconut, Cream (**Milk**), Garlic, Ginger, Butter Ghee (**Milk**), Rapeseed Oil, Ground Coriander, Chilli Powder, Kewra Water, Turmeric, Salt, Cardamon, Ground Cloves.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

54.8%	164.4g	Chicken, dark meat, raw
13.7%	41.1g	Onions, raw
13.7%	41.1g	Yogurt, whole milk, plain
5.48%	16.4g	Water, distilled
2.74%	8.22g	Coconut milk
2.05%	6.16g	Melon seeds
1.58%	4.73g	Coconut, desiccated
1.37%	4.11g	Cream, fresh, single
0.856%	2.57g	Garlic, raw
0.856%	2.57g	Ginger, fresh
0.685%	2.05g	Ghee, butter
0.685%	2.05g	Onions, raw
0.624%	1.87g	Oil, rapeseed
0.274%	0.822g	Ground Coriander
0.205%	0.616g	Chilli powder
0.137%	0.411g	Kewra Water
0.11%	0.329	Turmeric, ground

Nutrients

	per 100g	per 300 g serving
Energy	474.1kJ	1422.4kJ
Calories	113.2kcal	339.5kcal
Protein	13.3g	39.8g
Carbohydrate	2.8g	8.3g
Sugars	2.2g	6.5g
Starch	0.2g	0.5g
Added Sugar	0.0g	0.0g
Total Fat	5.6g	16.7g
Saturated Fat	2.4g	7.2g
Monounsaturated Fats	1.7g	5.1g
Polyunsaturated Fats	1.2g	3.5g
Trans Fat	0.0g	0.1g
Dietary Fiber	0.7g	2.0g
Sodium	115.5mg	346.5mg
Salt	0.29g	0.88g
Cholesterol	61.5mg	184.4mg
Vitamin A	115.1IU	345.4IU
Vitamin A RAE	34.5µg	103.6µg
Carotene	56.0µg	168.0µg
Alpha Carotene	trace	trace
Beta Carotene	15.1µg	45.2µg
Retinol	25.1µg	75.3µg
Beta Cryptoxanthin	0.0µg	0.0µg
Thiamin	0.1mg	0.3mg
Riboflavin	0.2mg	0.5mg
Niacin	5.9mg	17.8mg
Pantothenic Acid	0.7mg	2.1mg
Vitamin B6	0.2mg	0.6mg
Folic Acid	0.0µg	0.0µg
Dietary Folate Equivalents	0.0µg	0.0µg
Food Folate	0.0µg	0.0µg
Folate	10.6µg	31.7µg
Vitamin B12	0.6µg	1.7µg
Vitamin C	0.8mg	2.5mg
Vitamin D	2.7IU	8.0IU
Vitamin D MCG	0.1µg	0.2µg
Vitamin E	0.3mg	1.0mg
Biotin	2.2µg	6.5µg
Vitamin K	0.9µg	2.8µg
Calcium	42.5mg	127.6mg
Chloride	175.2mg	525.5mg
Choline	0.0µg	0.0µg
Copper	0.1mg	0.3mg
Iodine	12.6µg	37.9µg
Iron	0.9mg	2.6mg
Magnesium	31.9mg	95.8mg
Manganese	0.1mg	0.4mg
Nitrogen	2.1g	6.4g
Phosphorus	109.3mg	328.0mg
Potassium	324.9mg	974.8mg
Selenium	8.2µg	24.5µg
Tryptophan/60	2.7mg	8.1mg

	g		Zinc	1.2mg	3.5mg
0.103 %	0.308 g	Salt	Ash	0.0g	0.0g
			Lutein Zeaxanthin	0.2µg	0.7µg
0.034 %	0.103g	Cardamon, ground	Lycopene	trace	trace
			Water	76.1g	228.3g
0.014 %	0.041g	Cloves, dried, ground	Ethanol	0.0g	0.0g