

1kg ACHARI MURGH - Roasted chicken drummer marinated in a spicy bengali pickling spice masala

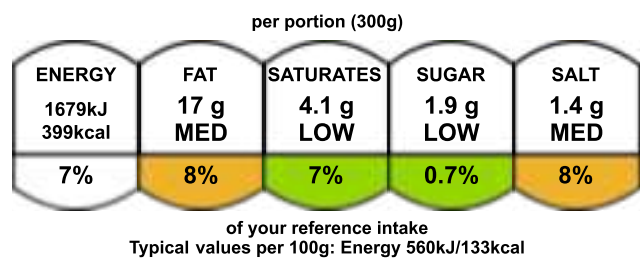
Serving Size

Serving size	300g
Number of servings	242

Container Size

Container size	1000.0g
Number of servings	3.33

Graphics



Ingredients and Allergens

Chicken, Chick Pea Flour, Yogurt (**Milk**), Lemon Juice, Ground Ginger, Garlic, Green Chilli, Ground Cumin, Garam Masala, Salt, Nigella Seeds, Mixed Pickle In Oil (**Soya, Mustard**).

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

82.6%	247.9g	Chicken, drumsticks, roasted, meat and skin, weighed with bone
8.26%	24.8g	Flour, gram
2.75%	8.26g	Yogurt, whole milk, plain
1.65%	4.96g	Lemon juice, fresh
1.03%	3.1g	Ginger, ground
1.03%	3.1g	Garlic, raw
0.826%	2.48g	Peppers, capsicum, chilli, green, raw
0.826%	2.48g	Ground Cumin
0.413%	1.24g	Garam masala
0.275%	0.826g	Salt
0.207%	0.62g	Nigella, Kalonji, Black Onion Seeds
0.069%	0.207g	Mixed Pickle in Oil

Nutrients

	per 100g	per 300 g serving
Energy	559.62kJ	1678.87kJ
Calories	133.13kcal	399.39kcal
Protein	15.82g	47.46g
Total Carbohydrate	0.00g	0.00g
Available	5.66g	16.98g
Carbohydrate		
Sugars	0.63g	1.88g
Starch	4.38g	13.15g
Added Sugar	0.00g	0.00g
Total Fat	5.51g	16.52g
Saturated Fat	1.37g	4.11g
Monounsaturated	2.43g	7.30g
Fats		
Polyunsaturated Fats	1.20g	3.59g
Trans Fat	0.00g	0.01g
Dietary Fiber	1.03g	3.08g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	178.86mg	536.58mg
Salt	0.45g	1.36g
Cholesterol	71.38mg	214.13mg
Vitamin A	48.61IU	145.82IU
Vitamin A RAE	14.58µg	43.75µg
Carotene	14.83µg	44.48µg
Alpha Carotene	trace	trace
Beta Carotene	5.69µg	17.08µg
Retinol	13.17µg	39.50µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.10mg	0.29mg
Riboflavin	0.10mg	0.31mg
Niacin	6.13mg	18.39mg
Pantothenic Acid	0.81mg	2.43mg
Vitamin B6	0.15mg	0.46mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	23.56µg	70.69µg
Vitamin B12	0.01µg	0.02µg
Vitamin C	1.81mg	5.43mg
Vitamin D	3.31IU	9.92IU
Vitamin D MCG	0.08µg	0.25µg
Vitamin E	0.32mg	0.96mg
Biotin	2.42µg	7.27µg
Vitamin K	0.74µg	2.21µg
Calcium	30.51mg	91.52mg
Chloride	226.49mg	679.48mg
Choline	0.00µg	0.00µg
Copper	0.10mg	0.29mg
Iodine	5.19µg	15.58µg
Iron	1.98mg	5.93mg
Magnesium	25.42mg	76.25mg
Manganese	0.49mg	1.46mg
Nitrogen	2.54g	7.61g

Phosphorus	140.13mg	420.38mg
Potassium	218.43mg	655.30mg
Selenium	9.51µg	28.54µg
Tryptophan/60	2.98mg	8.93mg
Zinc	1.41mg	4.24mg
Ash	0.00g	0.00g
Lutein Zeaxanthin	0.00µg	0.00µg
Lycopene	0.00µg	0.00µg
Water	38.90g	116.70g
Ethanol	0.00g	0.00g

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