

1kg ADRAKI MURGH TIKKA - Chicken thigh tikka marinated in kashmiri chilli, roasted cumin and ginger

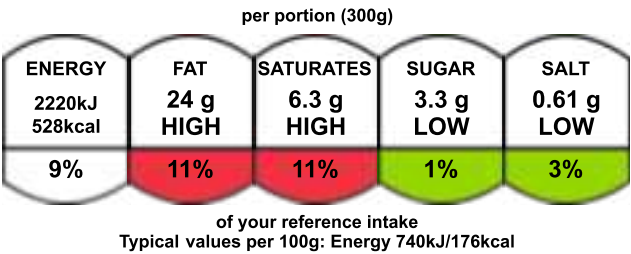
Serving Size

Serving size	300g
Number of servings	322

Container Size

Container size	1000.0g
Number of servings	3.33

Graphics



Ingredients and Allergens

Chicken, Ground Ginger, Garlic, Chick Pea Flour, Tomato Purée, Lemon Juice, Ground Cumin, Green Chilli, Yogurt (**Milk**), Garam Masala, Red Chilli, Rapeseed Oil, Fenugreek Seeds, Salt.

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

82.8%	248.4 g	Chicken, thighs, casserole, meat only, diced
3.31%	9.94g	Ginger, ground
3.31%	9.94g	Garlic, raw
2.07%	6.21g	Flour, gram
2.07%	6.21g	Tomato puree
1.66%	4.97g	Lemon juice, fresh
1.24%	3.73g	Ground Cumin
1.04%	3.11g	Peppers, capsicum, chilli, green, raw
1.04%	3.11g	Yogurt, whole milk, plain
0.414%	1.24g	Garam masala
0.414%	1.24g	Peppers, capsicum, chilli, red, raw
0.311%	0.932g	Oil, rapeseed
0.207%	0.621g	Fenugreek seeds
0.104%	0.311g	Salt

Nutrients

	per 100g	per 300 g serving
Energy	740.02kJ	2220.05kJ
Calories	176.03kcal	528.08kcal
Protein	22.71g	68.12g
Total Carbohydrate	0.00g	0.00g
Available	4.09g	12.27g
Carbohydrate		
Sugars	1.10g	3.30g
Starch	2.62g	7.87g
Added Sugar	0.00g	0.00g
Total Fat	8.02g	24.06g
Saturated Fat	2.11g	6.33g
Monounsaturated	3.53g	10.58g
Fats		
Polyunsaturated Fats	1.82g	5.46g
Trans Fat	0.00g	0.00g
Dietary Fiber	0.91g	2.73g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	79.45mg	238.34mg
Salt	0.20g	0.61g
Cholesterol	107.77mg	323.32mg
Vitamin A	92.37IU	277.10IU
Vitamin A RAE	27.71µg	83.13µg
Carotene	74.55µg	223.64µg
Alpha Carotene	trace	trace
Beta Carotene	37.91µg	113.74µg
Retinol	16.85µg	50.56µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.09mg	0.27mg
Riboflavin	0.15mg	0.45mg
Niacin	7.54mg	22.61mg
Pantothenic Acid	1.19mg	3.56mg
Vitamin B6	0.21mg	0.64mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	10.88µg	32.65µg
Vitamin B12	0.83µg	2.49µg
Vitamin C	4.23mg	12.70mg
Vitamin D	6.63IU	19.88IU
Vitamin D MCG	0.17µg	0.50µg
Vitamin E	0.33mg	0.99mg
Biotin	3.65µg	10.95µg
Vitamin K	0.53µg	1.60µg
Calcium	35.61mg	106.83mg
Chloride	142.42mg	427.25mg
Choline	0.00µg	0.00µg
Copper	0.18mg	0.55mg
Iodine	6.59µg	19.78µg
Iron	3.59mg	10.76mg
Magnesium	30.37mg	91.12mg
Manganese	1.07mg	3.20mg
Nitrogen	3.64g	10.91g

Phosphorus	152.53mg	457.59mg
Potassium	240.82mg	722.45mg
Selenium	14.29µg	42.86µg
Tryptophan/60	4.36mg	13.07mg
Zinc	2.07mg	6.20mg
Ash	0.00g	0.00g
Lutein Zeaxanthin	18.70µg	56.09µg
Lycopene	120.95µg	362.86µg
Water	62.22g	186.67g
Ethanol	0.00g	0.00g

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