

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

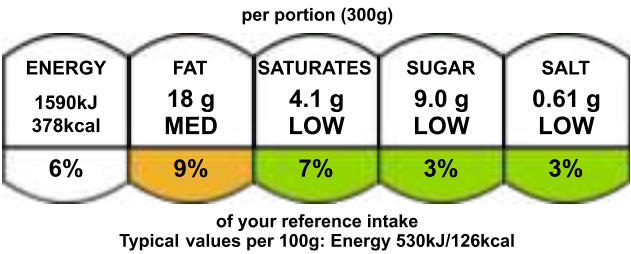
Serving Size

Serving size	300g
Number of servings	385.22

Container Size

Container size	600.0g
Number of servings	2

Graphics



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, casseroled, 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%	0.423g	Curry powder

Nutrients

	per 100g	per 300 g serving
Energy	529.91kJ	1589.72kJ
Calories	126.01kcal	378.03kcal
Protein	14.37g	43.12g
Total Carbohydrate	0.00g	0.00g
Available	4.26g	12.79g
Carbohydrate		
Sugars	2.99g	8.96g
Starch	0.51g	1.53g
Added Sugar	0.00g	0.00g
Total Fat	5.99g	17.96g
Saturated Fat	1.36g	4.07g
Monounsaturated	2.79g	8.36g
Fats		
Polyunsaturated Fats	1.43g	4.28g
Trans Fat	trace	trace
Dietary Fiber	1.37g	4.10g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	80.13mg	240.39mg
Salt	0.20g	0.61g
Cholesterol	67.49mg	202.48mg
Vitamin A	139.13IU	417.39IU
Vitamin A RAE	41.73µg	125.20µg
Carotene	188.90µg	566.71µg
Alpha Carotene	0.62µg	1.87µg
Beta Carotene	158.48µg	475.43µg
Retinol	10.38µg	31.15µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.09mg	0.28mg
Riboflavin	0.10mg	0.30mg
Niacin	4.93mg	14.78mg
Pantothenic Acid	0.79mg	2.37mg
Vitamin B6	0.16mg	0.49mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	14.63µg	43.90µg
Vitamin B12	0.52µg	1.56µg
Vitamin C	9.96mg	29.89mg
Vitamin D	4.15IU	12.46IU
Vitamin D MCG	0.10µg	0.31µg
Vitamin E	0.64mg	1.92mg
Biotin	2.80µg	8.39µg
Vitamin K	8.14µg	24.42µg
Calcium	33.29mg	99.86mg
Chloride	168.70mg	506.11mg
Choline	0.00µg	0.00µg
Copper	0.13mg	0.39mg
Iodine	4.94µg	14.83µg
Iron	1.40mg	4.20mg
Magnesium	21.97mg	65.91mg

0.141%	0.423g	Lemon juice, fresh	Manganese	0.16mg	0.49mg
0.113%	0.338g	Garam masala	Nitrogen	2.30g	6.91g
0.106%	0.317g	Cumin seeds	Phosphorus	105.87mg	317.62mg
0.106%	0.317g	Caraway seeds	Potassium	251.90mg	755.71mg
0.106%	0.317g	Salt	Selenium	8.90µg	26.70µg
0.071%	0.212g	Chilli powder	Tryptophan/60	2.81mg	8.43mg
0.042%	0.127g	Bay leaf, dried	Zinc	1.27mg	3.81mg
0.035%	0.106g	Cardamon, ground	Ash	0.00g	0.00g
0.021%	0.063g	Pepper, black	Lutein Zeaxanthin	31.18µg	93.53µg
0.014%	0.042g	Cinnamon, ground	Lycopene	160.23µg	480.69µg
0.006%	0.017g	Spices, anise seed	Water	0.00g	0.00g
0.006%	0.017g	Cloves, dried	Ethanol	0.00g	0.00g
0.004%	0.013g	Nutmeg, ground			