

CHICKEN DHANSAK - A flavorful Parsi curry known for its unique blend of sweet, sour and spicy notes, lentils and vegetables simmered with chicken in a rich, thick sauce.

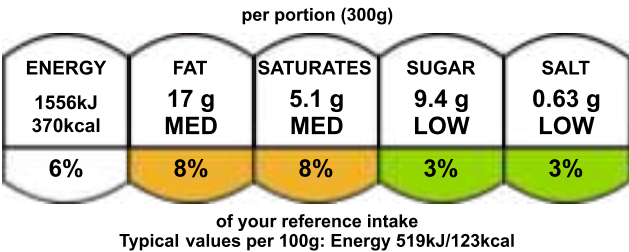
Serving Size

Serving size	300g
Number of servings	476.69

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Chicken, Onion, Tomatoes, Red Lentils, Garlic, Butter Ghee (**Milk**), Molasses, Ginger, Tomato Purée, Coriander Leaves, Rapeseed Oil, Lemon Juice (**Sulphites**), Ground Coriander, Salt, Ground Cumin, Garam Masala, Turmeric, Cumin Seeds, Chilli Powder, Dried Red Chillies, MDH Meat Masala (**Mustard, Sulphites**), Bay Leaf, Chicken Stock, Tamarind.

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

42%	125.9g	Chicken, thighs, casserole, meat only, diced
28%	83.9g	Onions, raw
14%	42g	Tomatoes, canned, whole contents
4.2%	12.6g	Lentils, red, split, dried, raw
3.5%	10.5g	Tomatoes, standard, raw
1.05%	3.15g	Garlic, raw
1.05%	3.15g	Ghee, butter
1.05%	3.15g	Molasses
0.874%	2.62g	Ginger, fresh
0.874%	2.62g	Garlic, raw
0.699%	2.1g	Tomato puree
0.699%	2.1g	Coriander leaves, fresh

Nutrients

	per 100g	per 300 g serving
Energy	518.75kJ	1556.26kJ
Calories	123.42kcal	370.27kcal
Protein	12.54g	37.61g
Total Carbohydrate	0.00g	0.00g
Available	6.28g	18.84g
Carbohydrate		
Sugars	3.13g	9.38g
Starch	2.25g	6.74g
Added Sugar	0.00g	0.00g
Total Fat	5.54g	16.61g
Saturated Fat	1.69g	5.06g
Monounsaturated	2.32g	6.95g
Fats		
Polyunsaturated Fats	1.12g	3.36g
Trans Fat	0.02g	0.07g
Dietary Fiber	1.20g	3.59g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	81.98mg	245.95mg
Salt	0.21g	0.63g
Cholesterol	57.12mg	171.37mg
Vitamin A	159.19IU	477.56IU
Vitamin A RAE	42.21µg	126.62µg
Carotene	145.09µg	435.26µg
Alpha Carotene	0.25µg	0.76µg
Beta Carotene	115.07µg	345.22µg
Retinol	18.06µg	54.19µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.11mg	0.32mg
Riboflavin	0.09mg	0.27mg
Niacin	4.20mg	12.61mg
Pantothenic Acid	0.67mg	2.02mg
Vitamin B6	0.17mg	0.51mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.01µg
Folate	10.39µg	31.17µg
Vitamin B12	0.42µg	1.26µg
Vitamin C	4.16mg	12.49mg
Vitamin D	3.82IU	11.45IU
Vitamin D MCG	0.10µg	0.29µg
Vitamin E	0.61mg	1.82mg
Biotin	2.25µg	6.74µg
Vitamin K	4.13µg	12.38µg
Calcium	27.24mg	81.72mg
Chloride	158.95mg	476.84mg
Choline	0.00µg	0.00µg
Copper	0.13mg	0.40mg
Iodine	4.57µg	13.70µg
Iron	1.33mg	3.99mg
Magnesium	21.97mg	65.91mg

0.637%	1.91g	Oil, rapeseed	Manganese	0.11mg	0.34mg
			Nitrogen	2.01g	6.02g
0.35%	1.05g	Lemon juice, fresh	Phosphorus	94.26mg	282.79mg
0.21%	0.629g	Ground Coriander	Potassium	228.03mg	684.09mg
0.14%	0.42g	Salt	Selenium	7.44µg	22.31µg
0.14%	0.42g	Ground Cumin	Tryptophan/60	2.38mg	7.13mg
0.14%	0.42g	Garam masala	Zinc	1.13mg	3.38mg
0.119%	0.357g	Turmeric, ground	Ash	0.00g	0.01g
0.105%	0.315g	Cumin seeds	Lutein Zeaxanthin	34.77µg	104.32µg
0.105%	0.315g	Chilli powder	Lycopene	261.50µg	784.51µg
0.07%	0.21g	Crushed Red Chillies, Dried	Water	72.97g	218.90g
0.07%	0.21g	Untitled ingredient	Ethanol	0.00g	0.00g
0.014%	0.042g	Bay leaf, dried			
0.002%	0.006g	Stock, chicken, ready made, retail			
0.002%	0.006g	Tamarind pulp, flesh only			