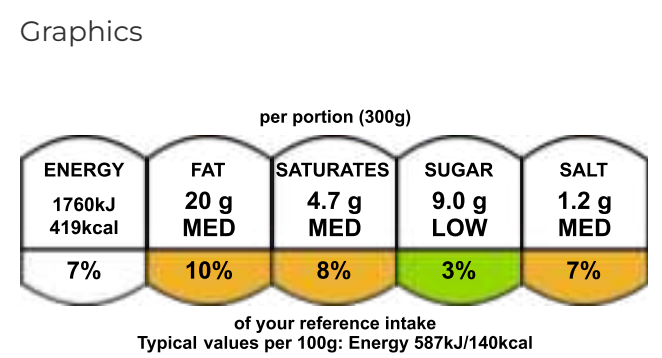


Chicken Jalfrezi- Chicken cooked with bell peppers and onion simmered in a roasted tomato and shallots sauce finished with corriander and pickling oil

Serving Size	
Serving size	300g
Number of servings	544.57

Container Size	
Container size	600.0g
Number of servings	2



Ingredients and Allergens

Chicken, Tomatoes, Onion, Red Peppers, Yellow Peppers, Green Peppers, Garlic, Tomato Purée, Coriander Leaves, Rapeseed Oil, Ginger, Salt, Ground Coriander, Chilli Powder, Dried Red Chillies, Garam Masala, Mustard Seeds (**Mustard**), Cumin Seeds, Fennel Seeds, Coriander Seeds, Ground Cumin, Turmeric, Black Pepper, Bay Leaf, Cardamon, Cinnamon.

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

46.1%	138.2g	Chicken, thighs, casseroled, meat only, diced
23%	69.1g	Tomatoes, canned, whole contents
13.8%	41.5g	Onions, raw
3.68%	11.1g	Pepper, capsicum, red, raw
3.68%	11.1g	Pepper, capsicum, yellow, raw
3.68%	11.1g	Peppers, capsicum, green, raw
1.38%	4.15g	Garlic, raw
0.921%	2.76g	Tomato puree
0.921%	2.76g	Coriander leaves, fresh
0.839%	2.52g	Oil, rapeseed
0.461%	1.38g	Ginger, fresh
0.23%	0.691g	Salt
0.23%	0.691g	Ground Coriander
0.184%	0.553g	Chilli powder
0.138%	0.415g	Crushed Red Chillies, Dried

Nutrients		
	per 100g	per 300 g serving
Energy	586.52kJ	1759.57kJ
Calories	139.68kcal	419.03kcal
Protein	16.78g	50.35g
Total Carbohydrate	0.00g	0.00g
Available	3.74g	11.23g
Carbohydrate		
Sugars	3.00g	9.00g
Starch	0.29g	0.87g
Added Sugar	0.00g	0.00g
Total Fat	6.75g	20.24g
Saturated Fat	1.58g	4.73g
Monounsaturated	3.12g	9.37g
Fats		
Polyunsaturated Fats	1.60g	4.79g
Trans Fat	trace	trace
Dietary Fiber	1.35g	4.04g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	159.27mg	477.80mg
Salt	0.41g	1.22g
Cholesterol	79.57mg	238.72mg
Vitamin A	238.39IU	715.18IU
Vitamin A RAE	56.94µg	170.82µg
Carotene	268.21µg	804.62µg
Alpha Carotene	0.88µg	2.64µg
Beta Carotene	205.45µg	616.36µg
Retinol	12.24µg	36.73µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.12mg	0.36mg
Riboflavin	0.12mg	0.37mg
Niacin	5.81mg	17.44mg
Pantothenic Acid	0.91mg	2.73mg
Vitamin B6	0.22mg	0.66mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.01µg	0.03µg
Folate	17.45µg	52.35µg
Vitamin B12	0.61µg	1.84µg
Vitamin C	23.18mg	69.55mg
Vitamin D	4.90IU	14.69IU
Vitamin D MCG	0.12µg	0.37µg
Vitamin E	1.01mg	3.04mg
Biotin	3.49µg	10.47µg
Vitamin K	7.85µg	23.54µg
Calcium	30.47mg	91.41mg
Chloride	291.68mg	875.03mg
Choline	0.00µg	0.00µg
Copper	0.15mg	0.46mg
Iodine	6.10µg	18.31µg
Iron	1.40mg	4.21mg
Magnesium	24.19mg	72.57mg

0.115%	0.345g	Garam masala	Manganese	0.15mg	0.46mg
0.092%	0.276g	Mustard seeds	Nitrogen	2.69g	8.06g
			Phosphorus	116.06mg	348.17mg
0.092%	0.276g	Cumin seeds	Potassium	270.16mg	810.49mg
			Selenium	10.50µg	31.49µg
0.092%	0.276g	Fennel seeds	Tryptophan/60	3.22mg	9.65mg
			Zinc	1.46mg	4.37mg
0.092%	0.276g	Coriander seeds	Ash	0.01g	0.04g
			Lutein Zeaxanthin	83.17µg	249.52µg
0.092%	0.276g	Ground Cumin	Lycopene	543.71µg	1631.12µg
			Water	0.00g	0.00g
0.069%	0.207g	Turmeric, ground	Ethanol	0.00g	0.00g
0.046%	0.138g	Pepper, black			
0.014%	0.041g	Bay leaf, dried			
0.014%	0.041g	Cardamon, ground			
0.009%	0.028g	Cinnamon, ground			