

Hyderabadi Chicken Biryani - Chicken thigh in a rich aromatic chicken gravy with aged basmati in an aromatic spice mix with rose and screw pine essence

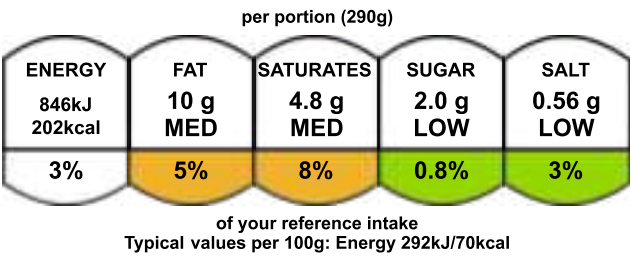
Serving Size

Serving size	290.1g
Number of servings	2

Container Size

Container size	580.0g
Number of servings	2

Graphics



Ingredients and Allergens

ORIGINAL Signature Pilao - Aged Basmati Cooked With Aromats And Fresh Herbs, Chicken, Onion, Tomatoes, Butter Ghee (**Milk**), Cream (**Milk**), Mint, Garlic, Yogurt (**Milk**), Coriander Leaves, Ginger, Biryani Massala, Rapeseed Oil, Ground Cumin, Anise Seeds, Cardamon, Cinnamon, Cloves, Mace, Garam Masala, Salt, Ground Coriander, Green Chilli.

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

43.1%	125g	ORIGINAL Signature Pilao - Aged basmati cooked with aromats and fresh herbs
34.5%	100g	Chicken, light meat, raw
7.45%	21.6g	Onions, raw
4.4%	12.8g	Tomatoes, standard, raw
1.72%	5g	Ghee, butter
1.38%	4g	Cream, fresh, double, including Jersey cream
1.06%	3.07g	Mint, fresh
0.965%	2.8g	Garlic, raw
0.896%	2.6g	Yogurt, whole milk, plain
0.896%	2.6g	Coriander leaves, fresh
0.862%	2.5g	Ginger, fresh

Nutrients

	per 100g	per 290 g serving
Energy	291.67kJ	846.11kJ
Calories	69.60kcal	201.91kcal
Protein	8.75g	25.39g
Total Carbohydrate	0.00g	0.00g
Available	1.14g	3.31g
Carbohydrate		
Sugars	0.70g	2.02g
Starch	0.18g	0.53g
Added Sugar	0.00g	0.00g
Total Fat	3.60g	10.43g
Saturated Fat	1.66g	4.81g
Monounsaturated	1.20g	3.47g
Fats		
Polyunsaturated Fats	0.37g	1.06g
Trans Fat	0.07g	0.19g
Dietary Fiber	0.38g	1.11g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	75.90mg	220.18mg
Salt	0.19g	0.56g
Cholesterol	30.36mg	88.07mg
Vitamin A	146.13IU	423.90IU
Vitamin A RAE	43.84µg	127.17µg
Carotene	103.12µg	299.15µg
Alpha Carotene	0.32µg	0.94µg
Beta Carotene	89.48µg	259.59µg
Retinol	26.88µg	77.99µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.07mg	0.19mg
Riboflavin	0.06mg	0.18mg
Niacin	5.46mg	15.83mg
Pantothenic Acid	0.47mg	1.35mg
Vitamin B6	0.19mg	0.56mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	8.82µg	25.57µg
Vitamin B12	0.01µg	0.03µg
Vitamin C	2.11mg	6.13mg
Vitamin D	3.68IU	10.68IU
Vitamin D MCG	0.09µg	0.27µg
Vitamin E	0.40mg	1.17mg
Biotin	0.86µg	2.50µg
Vitamin K	3.77µg	10.93µg
Calcium	18.72mg	54.30mg
Chloride	115.27mg	334.40mg
Choline	0.00µg	0.00µg
Copper	0.04mg	0.12mg
Iodine	4.20µg	12.17µg
Iron	0.84mg	2.43mg
Magnesium	15.34mg	44.50mg

0.002%	2.0g	Ginger, fresh	Manganese	0.13mg	0.37mg
0.724%	2.1g	Biryani massala	Nitrogen	1.40g	4.06g
			Phosphorus	87.68mg	254.35mg
0.517%	1.5g	Oil, rapeseed	Potassium	182.79mg	530.27mg
0.212%	0.615g	Ground Cumin	Selenium	4.22µg	12.24µg
0.172%	0.5g	Anise seeds	Tryptophan/60	1.69mg	4.89mg
0.172%	0.5g	Cardamon, ground	Zinc	0.32mg	0.94mg
0.172%	0.5g	Cinnamon, ground	Ash	0.00g	0.00g
0.172%	0.5g	Cloves, dried	Lutein Zeaxanthin	5.62µg	16.29µg
0.172%	0.5g	Mace, ground	Lycopene	22.28µg	64.64µg
0.145%	0.42g	Garam masala	Water	41.01g	118.96g
0.129%	0.375g	Salt	Ethanol	0.00g	0.00g
0.124%	0.36g	Ground Coriander			
0.097%	0.28g	Peppers, capsicum, chilli, green, raw			