

1kg LASOONI MURGH - Chicken wings marinated in confit garlic, turmeric, green chilli and fenugreek

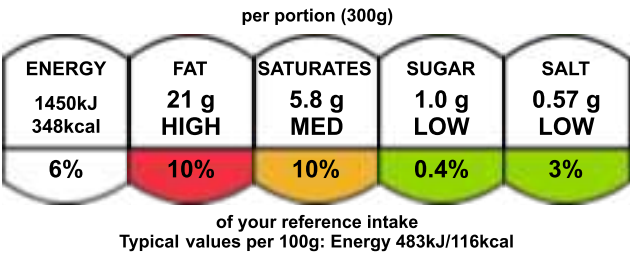
Serving Size

Serving size	300g
Number of servings	271.85

Container Size

Container size	1000.0g
Number of servings	3.33

Graphics



Ingredients and Allergens

Chicken, Garlic, Yogurt (**Milk**), Green Chilli, Ground Cumin, Pepper, Cream (**Milk**), Rapeseed Oil, Salt, Chick Pea Flour. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

85.8%	257.5g	Chicken, wing quarter, roasted, meat and skin, weighed with bone
7.36%	22.1g	Garlic, raw
2.45%	7.36g	Yogurt, whole milk, plain
2.45%	7.36g	Peppers, capsicum, chilli, green, raw
0.736%	2.21g	Ground Cumin
0.49%	1.47g	Pepper, white
0.307%	0.92g	Cream, fresh, single
0.307%	0.92g	Oil, rapeseed
0.061%	0.184g	Salt
0.005%	0.015g	Flour, gram

Nutrients

	per 100g	per 300 g serving
Energy	483.45kJ	1450.36kJ
Calories	116.00kcal	348.01kcal
Protein	12.23g	36.69g
Total Carbohydrate	0.00g	0.00g
Available	1.35g	4.05g
Carbohydrate		
Sugars	0.32g	0.95g
Starch	0.99g	2.96g
Added Sugar	0.00g	0.00g
Total Fat	7.08g	21.24g
Saturated Fat	1.92g	5.77g
Monounsaturated	3.22g	9.65g
Fats		
Polyunsaturated Fats	1.45g	4.35g
Trans Fat	0.09g	0.27g
Dietary Fiber	0.43g	1.29g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	74.95mg	224.84mg
Salt	0.19g	0.57g
Cholesterol	45.93mg	137.79mg
Vitamin A	28.27IU	84.82IU
Vitamin A RAE	8.48µg	25.45µg
Carotene	10.92µg	32.75µg
Alpha Carotene	trace	trace
Beta Carotene	4.81µg	14.43µg
Retinol	7.59µg	22.76µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.04mg	0.13mg
Riboflavin	0.09mg	0.28mg
Niacin	7.05mg	21.14mg
Pantothenic Acid	0.31mg	0.94mg
Vitamin B6	0.14mg	0.43mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	4.17µg	12.51µg
Vitamin B12	0.01µg	0.02µg
Vitamin C	4.32mg	12.97mg
Vitamin D	6.90IU	20.71IU
Vitamin D MCG	0.17µg	0.52µg
Vitamin E	0.19mg	0.58mg
Biotin	0.93µg	2.79µg
Vitamin K	0.35µg	1.04µg
Calcium	20.93mg	62.79mg
Chloride	81.51mg	244.52mg
Choline	0.00µg	0.00µg
Copper	0.04mg	0.11mg
Iodine	5.23µg	15.68µg
Iron	1.01mg	3.02mg
Magnesium	17.29mg	51.87mg
Manganese	0.09mg	0.27mg
Nitrogen	1.96g	5.88g

Phosphorus	117.94mg	353.83mg
Potassium	188.94mg	566.82mg
Selenium	7.08µg	21.23µg
Tryptophan/60	2.42mg	7.25mg
Zinc	0.65mg	1.96mg
Ash	0.00g	0.00g
Lutein Zeaxanthin	0.02µg	0.07µg
Lycopene	0.00µg	0.00µg
Water	36.40g	109.21g
Ethanol	0.00g	0.00g

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