

Murgh Makhani - Tandoori chicken simmered in a smooth aromatic buttery tomato sauce, finished with local honey and ground fenugreek

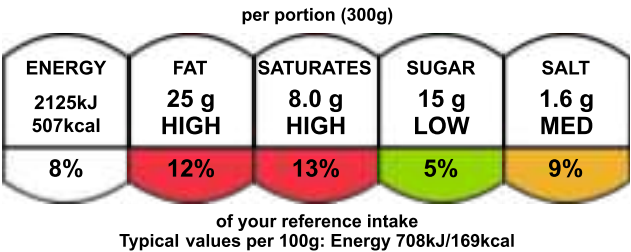
Serving Size

Serving size	300g
Number of servings	549.29

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Chicken, Tomatoes, Onion, Melon Seeds, Peppers, Bell, Green, Raw, Peppers, Bell, Yellow, Raw, Peppers, Bell, Red, Raw, Cream (**Milk**), Garlic, Ginger, Sugar, Yogurt (**Milk**), Butter (**Milk**), Honey, Tandoori Masala, Chilli Powder, Rapeseed Oil, Ground Coriander, Fenugreek Leaves, Cardamon, Salt, Garam Masala, Ground Cumin, Turmeric, Cloves.

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

46.4%	139.2g	Chicken, thighs, casseroled, meat only, diced
27.8%	83.5g	Tomatoes, crushed, canned
9.28%	27.8g	Onions, raw
1.86%	5.57g	Melon seeds
1.7%	5.09g	Peppers, bell, green, raw
1.7%	5.09g	Peppers, bell, yellow, raw
1.7%	5.09g	Peppers, bell, red, raw
1.39%	4.17g	Cream, fresh, single
1.16%	3.48g	Garlic, raw
1.16%	3.48g	Ginger, fresh
1.16%	3.48g	Sugar, white
1.16%	3.48g	Yogurt, low fat, plain
0.928	2.78g	Butter, unsalted
%		
0.928	2.78g	Honey
%		

Nutrients

	per 100g	per 300 g serving
Energy	708.47kJ	2125.42kJ
Calories	168.95kcal	506.86kcal
Protein	17.44g	52.31g
Total Carbohydrate	0.00g	0.00g
Available	6.49g	19.46g
Carbohydrate		
Sugars	4.94g	14.82g
Starch	0.30g	0.89g
Added Sugar	2.40g	7.20g
Total Fat	8.30g	24.91g
Saturated Fat	2.66g	7.99g
Monounsaturated	3.09g	9.28g
Fats		
Polyunsaturated Fats	2.01g	6.04g
Trans Fat	0.05g	0.14g
Dietary Fiber	1.23g	3.68g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	204.94mg	614.82mg
Salt	0.52g	1.56g
Cholesterol	82.50mg	247.49mg
Vitamin A	217.85IU	653.55IU
Vitamin A RAE	45.88µg	137.63µg
Carotene	76.77µg	230.32µg
Alpha Carotene	trace	trace
Beta Carotene	67.67µg	203.01µg
Retinol	29.18µg	87.55µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.09mg	0.26mg
Riboflavin	0.14mg	0.41mg
Niacin	6.05mg	18.14mg
Pantothenic Acid	0.94mg	2.82mg
Vitamin B6	0.21mg	0.63mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	4.73µg	14.20µg
Equivalents		
Food Folate	7.20µg	21.60µg
Folate	14.28µg	42.83µg
Vitamin B12	0.62µg	1.87µg
Vitamin C	12.70mg	38.10mg
Vitamin D	5.57IU	16.71IU
Vitamin D MCG	0.14µg	0.42µg
Vitamin E	0.66mg	1.98mg
Biotin	2.62µg	7.87µg
Vitamin K	2.65µg	7.96µg
Calcium	37.14mg	111.43mg
Chloride	226.13mg	678.38mg
Choline	4.70µg	14.09µg
Copper	0.24mg	0.73mg
Iodine	5.62µg	16.86µg
Iron	1.80mg	5.39mg
Magnesium	37.32mg	111.97mg

0.325%	0.974g	Tandoori Masala	Manganese	0.21mg	0.63mg
0.232%	0.696g	Chilli powder	Nitrogen	2.71g	8.12g
			Phosphorus	134.56mg	403.67mg
0.211%	0.634g	Oil, rapeseed	Potassium	282.32mg	846.97mg
0.186%	0.557g	Ground Coriander	Selenium	10.61µg	31.82µg
0.139%	0.417g	Fenugreek leaves, raw	Tryptophan/60	3.36mg	10.09mg
0.139%	0.417g	Cardamon, ground	Zinc	1.58mg	4.75mg
0.093%	0.278g	Salt	Ash	0.51g	1.54g
			Lutein Zeaxanthin	57.67µg	173.02µg
0.093%	0.278g	Garam masala	Lycopene	1859.11µg	5577.34µg
			Water	0.00g	0.00g
0.093%	0.278g	Ground Cumin	Ethanol	0.00g	0.00g
0.093%	0.278g	Salt			
0.065%	0.195g	Turmeric, ground			
0.005%	0.014g	Cloves, dried			