

OLD DELHI STYLE CHICKEN KORMA - A royal curry of braised chicken thigh, delicately spiced with a rich gravy.

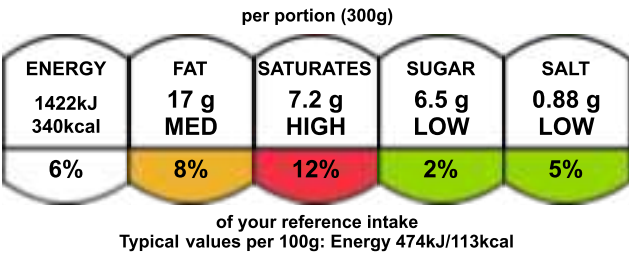
Serving Size

Serving size	300g
Number of servings	486.64

Container Size

Container size	600.0g
Number of servings	2

Graphics



Ingredients and Allergens

Chicken, Onion, Yogurt (**Milk**), Water, Coconut Milk, Melon Seeds, Coconut, Cream (**Milk**), Garlic, Ginger, Butter Ghee (**Milk**), Rapeseed Oil, Ground Coriander, Chilli Powder, Kewra Water, Turmeric, Salt, Cardamon, Ground Cloves. Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

54.8%	164.4g	Chicken, dark meat, raw
13.7%	41.1g	Onions, raw
13.7%	41.1g	Yogurt, whole milk, plain
5.48%	16.4g	Water, distilled
2.74%	8.22g	Coconut milk
2.05%	6.16g	Melon seeds
1.58%	4.73g	Coconut, desiccated
1.37%	4.11g	Cream, fresh, single
0.856	2.57g	Garlic, raw
%		
0.856	2.57g	Ginger, fresh
%		
0.685	2.05g	Ghee, butter
%		
0.685	2.05g	Onions, raw
%		
0.624	1.87g	Oil, rapeseed
%		
0.274	0.822g	Ground Coriander
%		
0.205	0.616g	Chilli powder

Nutrients

	per 100g	per 300 g serving
Energy	474.13kJ	1422.38kJ
Calories	113.17kcal	339.51kcal
Protein	13.26g	39.79g
Total Carbohydrate	0.00g	0.00g
Available	2.76g	8.28g
Carbohydrate		
Sugars	2.16g	6.48g
Starch	0.16g	0.49g
Added Sugar	0.00g	0.00g
Total Fat	5.58g	16.74g
Saturated Fat	2.41g	7.24g
Monounsaturated	1.71g	5.12g
Fats		
Polyunsaturated Fats	1.17g	3.51g
Trans Fat	0.05g	0.15g
Dietary Fiber	0.66g	1.97g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	115.52mg	346.55mg
Salt	0.29g	0.88g
Cholesterol	61.48mg	184.45mg
Vitamin A	115.14IU	345.43IU
Vitamin A RAE	34.54µg	103.63µg
Carotene	56.01µg	168.03µg
Alpha Carotene	trace	trace
Beta Carotene	15.08µg	45.23µg
Retinol	25.10µg	75.29µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.11mg	0.33mg
Riboflavin	0.17mg	0.52mg
Niacin	5.93mg	17.78mg
Pantothenic Acid	0.69mg	2.06mg
Vitamin B6	0.19mg	0.58mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	10.58µg	31.73µg
Vitamin B12	0.58µg	1.74µg
Vitamin C	0.83mg	2.48mg
Vitamin D	2.66IU	7.97IU
Vitamin D MCG	0.07µg	0.20µg
Vitamin E	0.35mg	1.05mg
Biotin	2.18µg	6.55µg
Vitamin K	0.95µg	2.84µg
Calcium	42.52mg	127.56mg
Chloride	175.16mg	525.49mg
Choline	0.00µg	0.00µg
Copper	0.08mg	0.25mg
Iodine	12.63µg	37.88µg
Iron	0.87mg	2.61mg
Magnesium	31.93mg	95.78mg
Manganese	0.12mg	0.36mg
Nitrogen	2.14g	6.41g

%			Phosphorus	109.33mg	327.99mg
0.137%	0.411g	Kewra Water	Potassium	324.94mg	974.81mg
0.11%	0.329g	Turmeric, ground	Selenium	8.15µg	24.46µg
0.103%	0.308	Salt	Tryptophan/60	2.71mg	8.14mg
	g		Zinc	1.18mg	3.55mg
0.034	0.103g	Cardamon, ground	Ash	0.00g	0.00g
%			Lutein Zeaxanthin	0.25µg	0.74µg
0.014%	0.041g	Cloves, dried, ground	Lycopene	trace	trace
			Water	76.09g	228.26g
			Ethanol	0.00g	0.00g