Achari Murgh (1kg)

Roasted chicken drumsticks marinated in a spicy Bengali pickling spice masala.

SERVING SIZE	PACK SIZE	SERVINGS PER PACK
300 g	**1 kg**	**3.33**

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1679kJ 399kcal	17 g MED	4.1 g LOW	1.9 g LOW	1.4 g MED
20%	24%	21%	2%	22%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 560kJ / 133kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	560kJ	1679kJ
	133kcal	399kcal
Fat	5.5g	17g
of which saturates	1.4g	4.1g
Carbohydrate	5.7g	17g
of which sugars	0.6g	1.9g
Protein	16g	47g
Salt	0.45g	1.4g

Ingredients and allergens

Chicken, Chickpea Flour, Yogurt (**Milk**), Lemon Juice (**Sulphites**), Ground Ginger, Garlic, Green Chilli, Ground Cumin, Garam Masala, Salt, Nigella Seeds, Mixed Pickle In Oil (**Soya, Mustard**).

CONTAINS **Milk**, **Mustard**, **Soya**, **Sulphites**

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

Recipe breakdown per 300 g serving

82.6%	248g	Chicken, drumsticks, roasted, meat and skin, weighed with bone
8.26%	24.8g	Flour, gram
2.75%	8.26g	Yogurt, whole milk, plain
1.65%	4.96g	Lemon juice, fresh
1.03%	3.1g	Ginger, ground
1.03%	3.1g	Garlic, raw
0.826%	2.48g	Peppers, capsicum, chilli, green, raw
0.826%	2.48g	Ground Cumin
0.413%	1.24g	Garam masala
0.275%	0.826g	Salt
0.207%	0.62g	Nigella, Kalonji, Black Onion Seeds
0.069%	0.207g	Mixed Pickle in Oil

Full nutrient profile

	PER 100G	PER 300G
Energy	559.62 kJ	1678.87 kJ
Energy	133.13 kcal	399.39 kcal
Fat	5.51 g	16.52 g
of which saturates	1.37 g	4.11 g
Monounsaturated Fats	2.43 g	7.30 g
Polyunsaturated Fats	1.20 g	3.59 g
Trans Fatty Acids	0.00 g	0.01 g
Carbohydrate	5.66 g	16.98 g
of which sugars	0.63 g	1.88 g
of which starch	4.38 g	13.15 g
Fibre	1.03 g	3.08 g
Protein	15.82 g	47.46 g
Salt	0.45 g	1.36 g
Sodium	178.86 mg	536.58 mg
Vitamin A IU	48.61 IU	145.82 IU
Vitamin A RAE	14.58 µg	43.75 µg
Carotene	14.83 µg	44.48 µg
Alpha Carotene	trace	trace
Beta Carotene	5.69 µg	17.08 µg
Retinol	13.17 µg	39.50 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.10 mg	0.29 mg
Riboflavin	0.10 mg	0.31 mg
Niacin	6.13 mg	18.39 mg
Pantothenic Acid	0.81 mg	2.43 mg
Vitamin B6	0.15 mg	0.46 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 300G
Folate	23.56 µg	70.69 µg
Vitamin B12	0.01 µg	0.02 µg
Vitamin C	1.81 mg	5.43 mg
Vitamin D IU	3.31 IU	9.92 IU
Vitamin D MCG	0.08 µg	0.25 µg
Vitamin E	0.32 mg	0.96 mg
Biotin	2.42 µg	7.27 µg
Vitamin K	0.74 µg	2.21 µg
Calcium	30.51 mg	91.52 mg
Chloride	226.49 mg	679.48 mg
Choline	0.00 µg	0.00 µg
Copper	0.10 mg	0.29 mg
Iodine	5.19 µg	15.58 µg
Iron	1.98 mg	5.93 mg
Magnesium	25.42 mg	76.25 mg
Manganese	0.49 mg	1.46 mg
Nitrogen	2.54 g	7.61 g
Phosphorus	140.13 mg	420.38 mg
Potassium	218.43 mg	655.30 mg
Selenium	9.51 µg	28.54 µg
Tryptophan/60	2.98 mg	8.93 mg
Zinc	1.41 mg	4.24 mg
Ash	0.00 g	0.00 g
Cholesterol	71.38 mg	214.13 mg
Lutein Zeaxanthin	0.00 µg	0.00 µg
Lycopene	0.00 µg	0.00 µg
Water	38.90 g	116.70 g

Reviewed on 3 November 2026. Values per 100 g and per 300 g serving.