Adraki Murgh Tikka (1kg)

Chicken thigh tikka marinated in Kashmiri chilli, roasted cumin and ginger.

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
1452kJ 344kcal	8.8 g LOW	2.3 g LOW	3.3 g LOW	0.93 g MED
17%	13%	12%	4%	16%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 484kJ / 115kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	484kJ	1452kJ
	115kcal	344kcal
Fat	2.9g	8.8g
of which saturates	0.8g	2.3g
Carbohydrate	4.1g	12g
of which sugars	1.1g	3.3g
Protein	19g	57g
Salt	0.31g	0.93g

Ingredients and allergens

Chicken, Ground Ginger, Garlic, Chickpea Flour, Tomato Purée, Lemon Juice (**Sulphites**), Ground Cumin, Green Chilli, Yogurt (**Milk**), Garam Masala, Red Chilli, Fenugreek Seeds, Salt.

CONTAINS **Milk**, **Sulphites**

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

Recipe breakdown per 300 g serving

83.1%	249g	Chicken, dark meat, raw
3.32%	9.97g	Ginger, ground
3.32%	9.97g	Garlic, raw
2.08%	6.23g	Flour, gram
2.08%	6.23g	Tomato puree
1.66%	4.98g	Lemon juice, fresh
1.25%	3.74g	Ground Cumin
1.04%	3.12g	Peppers, capsicum, chilli, green, raw
1.04%	3.12g	Yogurt, whole milk, plain
0.415%	1.25g	Garam masala
0.415%	1.25g	Peppers, capsicum, chilli, red, raw
0.208%	0.623g	Fenugreek seeds
0.104%	0.312g	Salt

Full nutrient profile

	PER 100G	PER 300G
Energy	484.08 kJ	1452.24 kJ
Energy	114.79 kcal	344.38 kcal
Fat	2.92 g	8.75 g
of which saturates	0.77 g	2.30 g
Monounsaturated Fats	1.27 g	3.82 g
Polyunsaturated Fats	0.66 g	1.97 g
Trans Fatty Acids	0.02 g	0.05 g
Carbohydrate	4.10 g	12.31 g
of which sugars	1.10 g	3.31 g
of which starch	2.63 g	7.89 g
Fibre	0.91 g	2.74 g
Protein	18.87 g	56.61 g
Salt	0.31 g	0.93 g
Sodium	121.23 mg	363.69 mg
Vitamin A IU	92.65 IU	277.96 IU
Vitamin A RAE	27.80 µg	83.39 µg
Carotene	74.78 µg	224.34 µg
Alpha Carotene	trace	trace
Beta Carotene	38.03 µg	114.09 µg
Retinol	16.91 µg	50.72 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.16 mg	0.49 mg
Riboflavin	0.21 mg	0.62 mg
Niacin	8.64 mg	25.92 mg
Pantothenic Acid	0.98 mg	2.95 mg
Vitamin B6	0.30 mg	0.89 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 300G
Folate	13.41 µg	40.22 µg
Vitamin B12	0.83 µg	2.50 µg
Vitamin C	4.25 mg	12.74 mg
Vitamin D IU	3.32 IU	9.97 IU
Vitamin D MCG	0.08 µg	0.25 µg
Vitamin E	0.30 mg	0.91 mg
Biotin	2.83 µg	8.49 µg
Vitamin K	0.23 µg	0.68 µg
Calcium	29.90 mg	89.71 mg
Chloride	166.95 mg	500.85 mg
Choline	0.00 µg	0.00 µg
Copper	0.08 mg	0.23 mg
Iodine	5.78 µg	17.35 µg
Iron	3.43 mg	10.29 mg
Magnesium	34.62 mg	103.87 mg
Manganese	1.06 mg	3.19 mg
Nitrogen	3.02 g	9.05 g
Phosphorus	119.78 mg	359.33 mg
Potassium	440.94 mg	1322.83 mg
Selenium	11.84 µg	35.51 µg
Tryptophan/60	3.62 mg	10.87 mg
Zinc	1.74 mg	5.22 mg
Ash	0.00 g	0.00 g
Cholesterol	87.34 mg	262.02 mg
Lutein Zeaxanthin	18.75 µg	56.26 µg
Lycopene	121.33 µg	363.99 µg
Water	70.89 g	212.68 g

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