Bhuna Murgh

Chicken simmered in a rich onion and tomato bhuna sauce with black cardamom, bay leaves and cassia bark.

SERVING SIZE	PACK SIZE	SERVINGS PER PACK
300 g	**600 g**	**2**

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1127kJ 267kcal	8.9 g LOW	1.6 g LOW	9.0 g LOW	0.81 g LOW
13%	13%	8%	10%	14%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 376kJ / 89kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	376kJ	1127kJ
	89kcal	267kcal
Fat	3.0g	8.9g
of which saturates	0.5g	1.6g
Carbohydrate	4.3g	13g
of which sugars	3.0g	9.0g
Protein	12g	36g
Salt	0.27g	0.81g

Ingredients and allergens

Chicken, Onion, Tomatoes, Garlic, Green Chilli, Ginger, Coriander Leaves, Rapeseed Oil, Tomato Purée, Ground Coriander, Bhuna Masala, Turmeric, Ground Cumin, Curry Powder (**Mustard**), Lemon Juice (**Sulphites**), Garam Masala, Cumin Seeds, Caraway Seeds, Salt, Chilli Powder, Bay Leaf, Cardamom, Black Pepper, Cinnamon, Anise Seed, Cloves, Nutmeg.

CONTAINS **Mustard**, **Sulphites**

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

Recipe breakdown per 300 g serving

42.3%	127g	Chicken, dark meat, raw
29.6%	88.9g	Onions, raw
17.6%	52.9g	Tomatoes, standard, raw
2.47%	7.4g	Garlic, raw
1.76%	5.29g	Peppers, capsicum, chilli, green, raw
1.41%	4.23g	Ginger, fresh
1.41%	4.23g	Coriander leaves, fresh
0.964%	2.89g	Oil, rapeseed
0.705%	2.12g	Tomato puree
0.317%	0.952g	Ground Coriander
0.212%	0.635g	Bhuna Masala
0.141%	0.423g	Turmeric, ground
0.141%	0.423g	Ground Cumin
0.141%	0.423g	Curry powder
0.141%	0.423g	Lemon juice, fresh
0.113%	0.338g	Garam masala
0.106%	0.317g	Cumin seeds
0.106%	0.317g	Caraway seeds
0.106%	0.317g	Salt
0.071%	0.212g	Chilli powder
0.042%	0.127g	Bay leaf, dried
0.035%	0.106g	Cardamom, ground
0.021%	0.063g	Pepper, black
0.014%	0.042g	Cinnamon, ground
0.006%	0.017g	Spices, anise seed
0.006%	0.017g	Cloves, dried
0.004%	0.013g	Nutmeg, ground

Full nutrient profile

	PER 100G	PER 300G
Energy	375.71 kJ	1127.13 kJ
Energy	89.15 kcal	267.45 kcal
Fat	2.97 g	8.92 g
of which saturates	0.52 g	1.57 g
Monounsaturated Fats	1.49 g	4.46 g
Polyunsaturated Fats	0.75 g	2.25 g
Trans Fatty Acids	0.01 g	0.03 g
Carbohydrate	4.26 g	12.79 g
of which sugars	2.99 g	8.96 g
of which starch	0.51 g	1.53 g
Fibre	1.37 g	4.10 g
Protein	11.93 g	35.80 g
Salt	0.27 g	0.81 g
Sodium	106.09 mg	318.26 mg
Vitamin A IU	139.13 IU	417.39 IU
Vitamin A RAE	41.73 µg	125.20 µg
Carotene	188.90 µg	566.71 µg
Alpha Carotene	0.62 µg	1.87 µg
Beta Carotene	158.48 µg	475.43 µg
Retinol	10.38 µg	31.15 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.14 mg	0.42 mg
Riboflavin	0.13 mg	0.40 mg
Niacin	5.60 mg	16.80 mg
Pantothenic Acid	0.66 mg	1.98 mg
Vitamin B6	0.22 mg	0.65 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 300G
Folate	16.19 µg	48.58 µg
Vitamin B12	0.52 µg	1.56 µg
Vitamin C	9.96 mg	29.89 mg
Vitamin D IU	2.08 IU	6.23 IU
Vitamin D MCG	0.05 µg	0.16 µg
Vitamin E	0.67 mg	2.00 mg
Biotin	2.28 µg	6.84 µg
Vitamin K	8.17 µg	24.50 µg
Calcium	29.65 mg	88.96 mg
Chloride	183.76 mg	551.28 mg
Choline	0.00 µg	0.00 µg
Copper	0.06 mg	0.18 mg
Iodine	4.42 µg	13.27 µg
Iron	1.30 mg	3.89 mg
Magnesium	24.57 mg	73.70 mg
Manganese	0.16 mg	0.47 mg
Nitrogen	1.91 g	5.72 g
Phosphorus	85.11 mg	255.32 mg
Potassium	376.51 mg	1129.52 mg
Selenium	7.34 µg	22.03 µg
Tryptophan/60	2.34 mg	7.03 mg
Zinc	1.06 mg	3.19 mg
Ash	0.00 g	0.00 g
Cholesterol	54.51 mg	163.54 mg
Lutein Zeaxanthin	31.18 µg	93.53 µg
Lycopene	160.23 µg	480.69 µg
Water	0.00 g	0.00 g

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