Chicken Dhansak

A flavourful Parsi curry known for its unique blend of sweet, sour and spicy notes, lentils and vegetables simmered with chicken in a rich, thick sauce.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1182kJ 281kcal	9.3 g MED	3.1 g LOW	9.4 g LOW	0.79 g LOW
14%	13%	15%	10%	13%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 394kJ / 94kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	394kJ	1182kJ
	94kcal	281kcal
Fat	3.1g	9.3g
of which saturates	1.0g	3.1g
Carbohydrate	6.3g	19g
of which sugars	3.1g	9.4g
Protein	11g	32g
Salt	0.26g	0.79g

Ingredients and allergens

Chicken, Onion, Tomatoes, Red Lentils, Garlic, Butter Ghee (**Milk**), Molasses, Ginger, Tomato Purée, Coriander Leaves, Rapeseed Oil, Lemon Juice (**Sulphites**), Ground Coriander, Salt, Ground Cumin, Garam Masala, Turmeric, Cumin Seeds, Chilli Powder, Dried Red Chillies, MDH Meat Masala (**Mustard, Sulphites**), Bay Leaf, Chicken Stock (Water, Chicken Bones), Tamarind.

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

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

Recipe breakdown per 300 g serving

42%	126g	Chicken, dark meat, raw
28%	83.9g	Onions, raw
14%	42g	Tomatoes, canned, whole contents
4.2%	12.6g	Lentils, red, split, dried, raw
3.5%	10.5g	Tomatoes, standard, raw
1.92%	5.77g	Garlic, raw
1.05%	3.15g	Ghee, butter
1.05%	3.15g	Molasses
0.874%	2.62g	Ginger, fresh
0.699%	2.1g	Tomato puree
0.699%	2.1g	Coriander leaves, fresh
0.637%	1.91g	Oil, rapeseed
0.35%	1.05g	Lemon juice, fresh
0.21%	0.629g	Ground Coriander
0.14%	0.42g	Salt
0.14%	0.42g	Ground Cumin
0.14%	0.42g	Garam masala
0.119%	0.357g	Turmeric, ground
0.105%	0.315g	Cumin seeds
0.105%	0.315g	Chilli powder
0.07%	0.21g	Crushed Red Chillies, Dried
0.07%	0.21g	MDH Meat Masala
0.014%	0.042g	Bay leaf, dried
0.002%	0.006g	Chicken stock
0.002%	0.006g	Tamarind pulp, flesh only

Full nutrient profile

	PER 100G	PER 300G
Energy	394.15 kJ	1182.44 kJ
Energy	93.63 kcal	280.90 kcal
Fat	3.10 g	9.31 g
of which saturates	1.02 g	3.05 g
Monounsaturated Fats	1.27 g	3.80 g
Polyunsaturated Fats	0.57 g	1.72 g
Trans Fatty Acids	0.03 g	0.09 g
Carbohydrate	6.28 g	18.84 g
of which sugars	3.13 g	9.38 g
of which starch	2.25 g	6.74 g
Fibre	1.20 g	3.59 g
Protein	10.56 g	31.69 g
Salt	0.26 g	0.79 g
Sodium	102.96 mg	308.88 mg
Vitamin A IU	159.19 IU	477.56 IU
Vitamin A RAE	42.21 µg	126.62 µg
Carotene	145.09 µg	435.26 µg
Alpha Carotene	0.25 µg	0.76 µg
Beta Carotene	115.07 µg	345.22 µg
Retinol	18.06 µg	54.19 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.14 mg	0.43 mg
Riboflavin	0.12 mg	0.36 mg
Niacin	4.75 mg	14.25 mg
Pantothenic Acid	0.57 mg	1.70 mg
Vitamin B6	0.21 mg	0.63 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.01 µg

	PER 100G	PER 300G
Folate	11.65 µg	34.94 µg
Vitamin B12	0.42 µg	1.26 µg
Vitamin C	4.16 mg	12.49 mg
Vitamin D IU	2.14 IU	6.42 IU
Vitamin D MCG	0.05 µg	0.16 µg
Vitamin E	0.63 mg	1.89 mg
Biotin	1.83 µg	5.48 µg
Vitamin K	4.15 µg	12.44 µg
Calcium	24.30 mg	72.91 mg
Chloride	171.12 mg	513.35 mg
Choline	0.00 µg	0.00 µg
Copper	0.08 mg	0.23 mg
Iodine	4.15 µg	12.44 µg
Iron	1.25 mg	3.74 mg
Magnesium	24.07 mg	72.21 mg
Manganese	0.11 mg	0.33 mg
Nitrogen	1.69 g	5.06 g
Phosphorus	77.48 mg	232.44 mg
Potassium	328.73 mg	986.18 mg
Selenium	6.18 µg	18.53 µg
Tryptophan/60	2.00 mg	6.00 mg
Zinc	0.96 mg	2.87 mg
Ash	0.00 g	0.01 g
Cholesterol	46.63 mg	139.90 mg
Lutein Zeaxanthin	34.77 µg	104.32 µg
Lycopene	261.50 µg	784.51 µg
Water	77.25 g	231.74 g

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