Chicken Jalfrezi

Chicken cooked with bell peppers and onion simmered in a roasted tomato and shallot sauce finished with coriander and pickling oil.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1214kJ 289kcal	9.6 g MED	1.8 g LOW	9.0 g LOW	1.5 g MED
14%	14%	9%	10%	24%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 405kJ / 96kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	405kJ	1214kJ
	96kcal	289kcal
Fat	3.2g	9.6g
of which saturates	0.6g	1.8g
Carbohydrate	3.7g	11g
of which sugars	3.0g	9.0g
Protein	14g	42g
Salt	0.48g	1.5g

Ingredients and allergens

Chicken, Tomatoes, Onion, Red Peppers, Yellow Peppers, Green Peppers, Garlic, Tomato Purée, Coriander Leaves, Rapeseed Oil, Ginger, Salt, Ground Coriander, Chilli Powder, Dried Red Chillies, Garam Masala, Mustard Seeds (**Mustard**), Cumin Seeds, Fennel Seeds, Coriander Seeds, Ground Cumin, Turmeric, Black Pepper, Bay Leaf, Cardamom, Cinnamon.

CONTAINS **Mustard**

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

Recipe breakdown per 300 g serving

46.1%	138g	Chicken, dark meat, raw
23%	69.1g	Tomatoes, canned, whole contents
13.8%	41.5g	Onions, raw
3.68%	11.1g	Pepper, capsicum, red, raw
3.68%	11.1g	Pepper, capsicum, yellow, raw
3.68%	11.1g	Peppers, capsicum, green, raw
1.38%	4.15g	Garlic, raw
0.921%	2.76g	Tomato puree
0.921%	2.76g	Coriander leaves, fresh
0.839%	2.52g	Oil, rapeseed
0.461%	1.38g	Ginger, fresh
0.23%	0.691g	Salt
0.23%	0.691g	Ground Coriander
0.184%	0.553g	Chilli powder
0.138%	0.415g	Crushed Red Chillies, Dried
0.115%	0.345g	Garam masala
0.092%	0.276g	Mustard seeds
0.092%	0.276g	Cumin seeds
0.092%	0.276g	Fennel seeds
0.092%	0.276g	Coriander seeds
0.092%	0.276g	Ground Cumin
0.069%	0.207g	Turmeric, ground
0.046%	0.138g	Pepper, black
0.014%	0.041g	Bay leaf, dried
0.014%	0.041g	Cardamom, ground
0.009%	0.028g	Cinnamon, ground

Full nutrient profile

	PER 100G	PER 300G
Energy	404.73 kJ	1214.19 kJ
Energy	96.22 kcal	288.66 kcal
Fat	3.20 g	9.59 g
of which saturates	0.60 g	1.79 g
Monounsaturated Fats	1.59 g	4.78 g
Polyunsaturated Fats	0.80 g	2.40 g
Trans Fatty Acids	0.01 g	0.04 g
Carbohydrate	3.74 g	11.23 g
of which sugars	3.00 g	9.00 g
of which starch	0.29 g	0.87 g
Fibre	1.35 g	4.04 g
Protein	13.91 g	41.72 g
Salt	0.48 g	1.45 g
Sodium	189.87 mg	569.61 mg
Vitamin A IU	238.39 IU	715.18 IU
Vitamin A RAE	56.94 µg	170.82 µg
Carotene	268.21 µg	804.62 µg
Alpha Carotene	0.88 µg	2.64 µg
Beta Carotene	205.45 µg	616.36 µg
Retinol	12.24 µg	36.73 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.18 mg	0.53 mg
Riboflavin	0.17 mg	0.50 mg
Niacin	6.61 mg	19.83 mg
Pantothenic Acid	0.76 mg	2.27 mg
Vitamin B6	0.28 mg	0.84 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.01 µg	0.03 µg

	PER 100G	PER 300G
Folate	19.29 µg	57.86 µg
Vitamin B12	0.61 µg	1.84 µg
Vitamin C	23.18 mg	69.55 mg
Vitamin D IU	2.45 IU	7.35 IU
Vitamin D MCG	0.06 µg	0.18 µg
Vitamin E	1.04 mg	3.13 mg
Biotin	2.88 µg	8.63 µg
Vitamin K	7.88 µg	23.63 µg
Calcium	26.19 mg	78.56 mg
Chloride	309.43 mg	928.28 mg
Choline	0.00 µg	0.00 µg
Copper	0.07 mg	0.22 mg
Iodine	5.49 µg	16.47 µg
Iron	1.28 mg	3.85 mg
Magnesium	27.25 mg	81.75 mg
Manganese	0.15 mg	0.44 mg
Nitrogen	2.22 g	6.67 g
Phosphorus	91.57 mg	274.72 mg
Potassium	417.07 mg	1251.21 mg
Selenium	8.66 µg	25.98 µg
Tryptophan/60	2.67 mg	8.00 mg
Zinc	1.21 mg	3.64 mg
Ash	0.01 g	0.04 g
Cholesterol	64.27 mg	192.81 mg
Lutein Zeaxanthin	83.17 µg	249.52 µg
Lycopene	543.71 µg	1631.12 µg
Water	0.00 g	0.00 g

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