# Hyderabadi Chicken Biryani

Chicken thigh in a rich aromatic chicken gravy with aged basmati in an aromatic spice mix with rose and screw pine essence.

| SERVING SIZE | PACK SIZE | SERVINGS PER PACK |
|---|---|---|
| **290 g** | **580 g** | **2** |

FRONT OF PACK (UK/EU)

**Per portion**

| ENERGY | FAT | SATURATES | SUGAR | SALT |
|---|---|---|---|---|
| 1660kJ 394kcal | 15 g MED | 5.5 g MED | 2.6 g LOW | 1.4 g MED |
| 20% | 21% | 28% | 3% | 23% |

**of an adult's reference intake**

Typical values (as sold) per 100g: Energy 572kJ / 136kcal

BACK OF PACK (UK)

| Typical values | per 100g | per 290g serving |
|---|---|---|
| Energy | 572kJ | 1660kJ |
| | 136kcal | 394kcal |
| Fat | 5.1g | 15g |
| of which saturates | 1.9g | 5.5g |
| Carbohydrate | 14g | 41g |
| of which sugars | 0.9g | 2.6g |
| Protein | 9.1g | 27g |
| Salt | 0.47g | 1.4g |

## Ingredients and allergens

Signature Pilao (Water, Basmati Rice, Onion, Tomatoes, Coriander Leaves, Rapeseed Oil, Mint, Garlic, Ginger, Salt, Cumin Seeds, Garam Masala, Chilli Powder, Star Anise, Cardamom, Cinnamon, Black Pepper, Bay Leaf, Cloves, Mace), Chicken, Onion, Tomatoes, Butter Ghee (**Milk**), Cream (**Milk**), Mint, Garlic, Yogurt (**Milk**), Coriander Leaves, Ginger, Biryani Masala, Rapeseed Oil, Ground Cumin, Anise Seeds, Cardamom, Cinnamon, Cloves, Mace, Garam Masala, Salt, Ground Coriander, Green Chilli.

CONTAINS **Milk**

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

## Recipe breakdown per 290 g serving

| | | |
|---|---|---|
| 43.1% | 125g | Signature Pilao |
| 34.5% | 100g | Chicken, dark meat, raw |
| 7.45% | 21.6g | Onions, raw |
| 4.4% | 12.8g | Tomatoes, standard, raw |
| 1.72% | 5g | Ghee, butter |
| 1.38% | 4g | Cream, fresh, double, including Jersey cream |
| 1.06% | 3.07g | Mint, fresh |
| 0.965% | 2.8g | Garlic, raw |
| 0.896% | 2.6g | Yogurt, whole milk, plain |
| 0.896% | 2.6g | Coriander leaves, fresh |
| 0.862% | 2.5g | Ginger, fresh |
| 0.724% | 2.1g | Biryani massala |
| 0.517% | 1.5g | Oil, rapeseed |
| 0.212% | 0.615g | Ground Cumin |
| 0.172% | 0.5g | Anise seeds |
| 0.172% | 0.5g | Cardamom, ground |
| 0.172% | 0.5g | Cinnamon, ground |
| 0.172% | 0.5g | Cloves, dried |
| 0.172% | 0.5g | Mace, ground |
| 0.145% | 0.42g | Garam masala |
| 0.129% | 0.375g | Salt |
| 0.124% | 0.36g | Ground Coriander |
| 0.097% | 0.28g | Peppers, capsicum, chilli, green, raw |

## Full nutrient profile

| | PER 100G | PER 290G |
|---|---|---|
| Energy | 572.16 kJ | 1659.81 kJ |
| Energy | 135.94 kcal | 394.36 kcal |
| Fat | 5.14 g | 14.91 g |
| of which saturates | 1.91 g | 5.54 g |
| Monounsaturated Fats | 1.99 g | 5.79 g |
| Polyunsaturated Fats | 0.78 g | 2.26 g |
| Trans Fatty Acids | 0.07 g | 0.20 g |
| Carbohydrate | 14.20 g | 41.18 g |
| of which sugars | 0.90 g | 2.62 g |
| of which starch | 12.35 g | 35.84 g |
| Fibre | 0.73 g | 2.11 g |
| Protein | 9.14 g | 26.51 g |
| Salt | 0.47 g | 1.37 g |
| Sodium | 186.22 mg | 540.22 mg |
| Vitamin A IU | 219.74 IU | 637.45 IU |
| Vitamin A RAE | 65.92 µg | 191.23 µg |
| Carotene | 194.22 µg | 563.44 µg |
| Alpha Carotene | 0.90 µg | 2.61 µg |
| Beta Carotene | 157.76 µg | 457.66 µg |
| Retinol | 33.78 µg | 97.99 µg |
| Beta Cryptoxanthin | 0.00 µg | 0.00 µg |
| Thiamin | 0.09 mg | 0.27 mg |
| Riboflavin | 0.10 mg | 0.28 mg |
| Niacin | 4.07 mg | 11.82 mg |
| Pantothenic Acid | 0.49 mg | 1.42 mg |
| Vitamin B6 | 0.14 mg | 0.40 mg |
| Dietary Folate Equivalents | 0.00 µg | 0.00 µg |
| Food Folate | 0.00 µg | 0.00 µg |

| | PER 100G | PER 290G |
|---|---|---|
| Folate | 11.36 µg | 32.96 µg |
| Vitamin B12 | 0.35 µg | 1.03 µg |
| Vitamin C | 3.22 mg | 9.34 mg |
| Vitamin D IU | 2.30 IU | 6.68 IU |
| Vitamin D MCG | 0.06 µg | 0.17 µg |
| Vitamin E | 0.70 mg | 2.02 mg |
| Biotin | 1.42 µg | 4.13 µg |
| Vitamin K | 9.83 µg | 28.52 µg |
| Calcium | 27.79 mg | 80.61 mg |
| Chloride | 287.91 mg | 835.23 mg |
| Choline | 0.00 µg | 0.00 µg |
| Copper | 0.08 mg | 0.25 mg |
| Iodine | 4.38 µg | 12.71 µg |
| Iron | 1.49 mg | 4.31 mg |
| Magnesium | 19.05 mg | 55.26 mg |
| Manganese | 0.28 mg | 0.82 mg |
| Nitrogen | 1.47 g | 4.27 g |
| Phosphorus | 69.82 mg | 202.54 mg |
| Potassium | 226.89 mg | 658.20 mg |
| Selenium | 7.47 µg | 21.66 µg |
| Tryptophan/60 | 1.83 mg | 5.32 mg |
| Zinc | 0.92 mg | 2.68 mg |
| Ash | 0.00 g | 0.00 g |
| Cholesterol | 42.42 mg | 123.07 mg |
| Lutein Zeaxanthin | 7.34 µg | 21.29 µg |
| Lycopene | 30.37 µg | 88.10 µg |
| Water | 68.15 g | 197.70 g |

Reviewed on 3 November 2026. Values per 100 g and per 290 g serving.