Lasooni Murgh (1kg)

Chicken thigh marinated in confit garlic, turmeric, green chilli and fenugreek.

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
1312kJ 312kcal	8.1 g LOW	2.3 g LOW	0.9 g LOW	0.81 g LOW
16%	12%	11%	1%	14%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 437kJ / 104kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	437kJ	1312kJ
	104kcal	312kcal
Fat	2.7g	8.1g
of which saturates	0.8g	2.3g
Carbohydrate	1.4g	4.1g
of which sugars	<0.5g	0.9g
Protein	19g	57g
Salt	0.27g	0.81g

Ingredients and allergens

Chicken, Garlic, Yogurt (**Milk**), Green Chilli, Ground Cumin, White Pepper, Salt, Chickpea Flour.

CONTAINS **Milk**

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

Recipe breakdown per 300 g serving

86.4%	259g	Chicken, dark meat, raw	0.74%	2.22g	Ground Cumin
7.4%	22.2g	Garlic, raw	0.493%	1.48g	Pepper, white
2.47%	7.4g	Yogurt, whole milk, plain	0.062%	0.185g	Salt
2.47%	7.4g	Peppers, capsicum, chilli, green, raw	0.005%	0.015g	Flour, gram

Full nutrient profile

	PER 100G	PER 300G
Energy	437.17 kJ	1311.50 kJ
Energy	103.85 kcal	311.55 kcal
Fat	2.70 g	8.09 g
of which saturates	0.76 g	2.27 g
Monounsaturated Fats	1.22 g	3.67 g
Polyunsaturated Fats	0.59 g	1.77 g
Trans Fatty Acids	0.02 g	0.06 g
Carbohydrate	1.35 g	4.05 g
of which sugars	0.31 g	0.94 g
of which starch	0.99 g	2.97 g
Fibre	0.43 g	1.30 g
Protein	19.03 g	57.09 g
Salt	0.27 g	0.81 g
Sodium	105.55 mg	316.64 mg
Vitamin A IU	62.59 IU	187.78 IU
Vitamin A RAE	18.78 µg	56.33 µg
Carotene	10.46 µg	31.39 µg
Alpha Carotene	trace	trace
Beta Carotene	4.32 µg	12.96 µg
Retinol	17.96 µg	53.89 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.14 mg	0.41 mg
Riboflavin	0.20 mg	0.61 mg
Niacin	8.64 mg	25.93 mg
Pantothenic Acid	0.95 mg	2.86 mg
Vitamin B6	0.27 mg	0.82 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 300G
Folate	9.36 µg	28.08 µg
Vitamin B12	0.87 µg	2.61 µg
Vitamin C	4.35 mg	13.04 mg
Vitamin D IU	3.45 IU	10.36 IU
Vitamin D MCG	0.09 µg	0.26 µg
Vitamin E	0.15 mg	0.45 mg
Biotin	2.66 µg	7.97 µg
Vitamin K	0.04 µg	0.13 µg
Calcium	21.65 mg	64.95 mg
Chloride	142.22 mg	426.65 mg
Choline	0.00 µg	0.00 µg
Copper	0.04 mg	0.11 mg
Iodine	6.99 µg	20.96 µg
Iron	1.45 mg	4.34 mg
Magnesium	26.87 mg	80.61 mg
Manganese	0.09 mg	0.27 mg
Nitrogen	3.04 g	9.13 g
Phosphorus	118.43 mg	355.28 mg
Potassium	405.69 mg	1217.07 mg
Selenium	12.30 µg	36.91 µg
Tryptophan/60	3.73 mg	11.18 mg
Zinc	1.61 mg	4.82 mg
Ash	0.00 g	0.00 g
Cholesterol	90.95 mg	272.86 mg
Lutein Zeaxanthin	0.00 µg	0.00 µg
Lycopene	0.00 µg	0.00 µg
Water	74.47 g	223.42 g

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