Murgh Makhni

Tandoori chicken simmered in a smooth aromatic buttery tomato sauce, finished with local honey and ground fenugreek.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1476kJ 351kcal	11 g MED	3.5 g LOW	15 g LOW	1.4 g MED
18%	16%	17%	17%	24%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 492kJ / 117kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	492kJ	1476kJ
	117kcal	351kcal
Fat	3.8g	11g
of which saturates	1.2g	3.5g
Carbohydrate	6.5g	20g
of which sugars	5.0g	15g
Protein	15g	44g
Salt	0.48g	1.4g

Ingredients and allergens

Chicken, Chopped Tomatoes (Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion, Green Peppers, Yellow Peppers, Red Peppers, Cream (**Milk**), Melon Seeds, Garlic, Ginger, Sugar, Yogurt (**Milk**), Honey, Tandoori Masala, Butter (**Milk**), Chilli Powder, Rapeseed Oil, Ground Coriander, Fenugreek Leaves, Cardamom, Salt, Garam Masala, Ground Cumin, Turmeric, Cloves.

CONTAINS **Milk**

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

Recipe breakdown per 300 g serving

47%	141g	Chicken, dark meat, raw
28.2%	84.6g	BB Catering Chopped Tomatoes in Tomato Juice
9.39%	28.2g	Onions, raw
1.72%	5.16g	Peppers, bell, green, raw
1.72%	5.16g	Peppers, bell, yellow, raw
1.72%	5.16g	Peppers, bell, red, raw
1.41%	4.23g	Cream, fresh, single
1.41%	4.23g	Melon seeds
1.17%	3.52g	Garlic, raw
1.17%	3.52g	Ginger, fresh
1.17%	3.52g	Sugar, white
1.17%	3.52g	Yogurt, low fat, plain
0.939%	2.82g	Honey
0.329%	0.986g	Tandoori Masala
0.235%	0.705g	Butter, unsalted
0.235%	0.705g	Chilli powder
0.214%	0.642g	Oil, rapeseed
0.188%	0.564g	Ground Coriander
0.141%	0.423g	Fenugreek leaves, raw
0.141%	0.423g	Cardamom, ground
0.094%	0.282g	Salt
0.094%	0.282g	Garam masala
0.094%	0.282g	Ground Cumin
0.066%	0.197g	Turmeric, ground
0.005%	0.014g	Cloves, dried

Full nutrient profile

	PER 100G	PER 300G
Energy	491.88 kJ	1475.65 kJ
Energy	117.02 kcal	351.07 kcal
Fat	3.79 g	11.38 g
of which saturates	1.16 g	3.47 g
Monounsaturated Fats	1.35 g	4.06 g
Polyunsaturated Fats	1.05 g	3.16 g
Trans Fatty Acids	0.03 g	0.10 g
Carbohydrate	6.51 g	19.52 g
of which sugars	5.00 g	14.99 g
of which starch	0.30 g	0.90 g
Fibre	1.24 g	3.73 g
Protein	14.59 g	43.77 g
Salt	0.48 g	1.44 g
Sodium	189.28 mg	567.85 mg
Vitamin A IU	188.04 IU	564.13 IU
Vitamin A RAE	36.69 µg	110.06 µg
Carotene	72.14 µg	216.43 µg
Alpha Carotene	trace	trace
Beta Carotene	62.87 µg	188.60 µg
Retinol	20.72 µg	62.17 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.14 mg	0.42 mg
Riboflavin	0.18 mg	0.54 mg
Niacin	6.85 mg	20.55 mg
Pantothenic Acid	0.80 mg	2.39 mg
Vitamin B6	0.27 mg	0.82 mg
Dietary Folate Equivalents	4.79 µg	14.38 µg
Food Folate	7.29 µg	21.88 µg

	PER 100G	PER 300G
Folate	15.94 µg	47.83 µg
Vitamin B12	0.63 µg	1.88 µg
Vitamin C	12.86 mg	38.59 mg
Vitamin D IU	2.85 IU	8.55 IU
Vitamin D MCG	0.07 µg	0.21 µg
Vitamin E	0.68 mg	2.05 mg
Biotin	2.04 µg	6.13 µg
Vitamin K	2.65 µg	7.95 µg
Calcium	32.70 mg	98.09 mg
Chloride	173.03 mg	519.09 mg
Choline	4.76 µg	14.27 µg
Copper	0.15 mg	0.46 mg
Iodine	4.67 µg	14.02 µg
Iron	1.65 mg	4.95 mg
Magnesium	37.62 mg	112.87 mg
Manganese	0.19 mg	0.58 mg
Nitrogen	2.24 g	6.72 g
Phosphorus	107.23 mg	321.68 mg
Potassium	429.04 mg	1287.12 mg
Selenium	8.90 µg	26.70 µg
Tryptophan/60	2.79 mg	8.38 mg
Zinc	1.33 mg	4.00 mg
Ash	0.52 g	1.56 g
Cholesterol	66.21 mg	198.64 mg
Lutein Zeaxanthin	58.41 µg	175.22 µg
Lycopene	1882.69 µg	5648.08 µg
Water	0.00 g	0.00 g

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