Old Delhi Style Chicken Korma

A royal curry of braised chicken thigh, delicately spiced with a rich gravy.

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

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1344kJ 320kcal	15 g MED	5.5 g MED	6.4 g LOW	0.89 g LOW
16%	21%	27%	7%	15%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 448kJ / 107kcal

BACK OF PACK (UK)

Typical values	per 100g	per 300g serving
Energy	448kJ	1344kJ
	107kcal	320kcal
Fat	4.8g	15g
of which saturates	1.8g	5.5g
Carbohydrate	2.7g	8.2g
of which sugars	2.1g	6.4g
Protein	13g	40g
Salt	0.30g	0.89g

Ingredients and allergens

Chicken, Onion, Yogurt (**Milk**), Water, Coconut Milk, Melon Seeds, Cream (**Milk**), Garlic, Ginger, Coconut, Rapeseed Oil, Butter Ghee (**Milk**), Ground Coriander, Chilli Powder, Kewra Water, Turmeric, Salt, Cardamom, Ground Cloves.

CONTAINS **Milk**

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

Recipe breakdown per 300 g serving

55.4%	166g	Chicken, dark meat, raw
14.6%	43.7g	Onions, raw
13.9%	41.6g	Yogurt, whole milk, plain
5.54%	16.6g	Water, distilled
2.77%	8.31g	Coconut milk
2.08%	6.23g	Melon seeds
1.39%	4.16g	Cream, fresh, single
0.866%	2.6g	Garlic, raw
0.866%	2.6g	Ginger, fresh
0.831%	2.49g	Coconut, desiccated
0.631%	1.89g	Oil, rapeseed
0.346%	1.04g	Ghee, butter
0.277%	0.831g	Ground Coriander
0.208%	0.623g	Chilli powder
0.139%	0.416g	Kewra Water
0.111%	0.332g	Turmeric, ground
0.104%	0.312g	Salt
0.035%	0.104g	Cardamom, ground
0.014%	0.042g	Cloves, dried, ground

Full nutrient profile

	PER 100G	PER 300G
Energy	447.89 kJ	1343.68 kJ
Energy	106.78 kcal	320.34 kcal
Fat	4.83 g	14.50 g
of which saturates	1.83 g	5.50 g
Monounsaturated Fats	1.61 g	4.83 g
Polyunsaturated Fats	1.16 g	3.47 g
Trans Fatty Acids	0.04 g	0.13 g
Carbohydrate	2.74 g	8.23 g
of which sugars	2.14 g	6.41 g
of which starch	0.17 g	0.50 g
Fibre	0.56 g	1.68 g
Protein	13.37 g	40.10 g
Salt	0.30 g	0.89 g
Sodium	116.58 mg	349.74 mg
Vitamin A IU	102.19 IU	306.56 IU
Vitamin A RAE	30.66 µg	91.97 µg
Carotene	50.18 µg	150.54 µg
Alpha Carotene	trace	trace
Beta Carotene	8.79 µg	26.38 µg
Retinol	22.18 µg	66.55 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.11 mg	0.33 mg
Riboflavin	0.17 mg	0.52 mg
Niacin	5.98 mg	17.94 mg
Pantothenic Acid	0.69 mg	2.08 mg
Vitamin B6	0.19 mg	0.58 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 300G
Folate	10.63 µg	31.88 µg
Vitamin B12	0.59 µg	1.76 µg
Vitamin C	0.84 mg	2.51 mg
Vitamin D IU	2.53 IU	7.60 IU
Vitamin D MCG	0.06 µg	0.19 µg
Vitamin E	0.32 mg	0.97 mg
Biotin	2.21 µg	6.62 µg
Vitamin K	0.96 µg	2.87 µg
Calcium	42.81 mg	128.44 mg
Chloride	175.48 mg	526.45 mg
Choline	0.00 µg	0.00 µg
Copper	0.08 mg	0.24 mg
Iodine	12.59 µg	37.77 µg
Iron	0.85 mg	2.55 mg
Magnesium	31.60 mg	94.79 mg
Manganese	0.11 mg	0.32 mg
Nitrogen	2.15 g	6.46 g
Phosphorus	109.32 mg	327.97 mg
Potassium	323.51 mg	970.53 mg
Selenium	8.15 µg	24.45 µg
Tryptophan/60	2.73 mg	8.20 mg
Zinc	1.19 mg	3.57 mg
Ash	0.00 g	0.00 g
Cholesterol	61.31 mg	183.94 mg
Lutein Zeaxanthin	0.18 µg	0.54 µg
Lycopene	trace	trace
Water	76.91 g	230.73 g

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