

Murgh Dum Biryani

150 g Chicken Boneless
80 g Basmati Rice
10 g Mint
5 g Javitri Elachi Powder
5 g Coriander
15 g Fried Onion
10 g Ginger Garlic Paste
5 g Red Chilly Powder
5 g Garam Masala Pd
5 g Jeera Powder
5 ml Saffron
50 g Curd
5 ml Lemon Juice
5 ml Kewra Water

Per Serving (excluding unknown items): 584 Calories; 28g Fat (42.3% calories from fat); 37g Protein; 50g Carbohydrate; 7g Dietary Fiber; 119mg Cholesterol; 154mg Sodium; 6g Total Sugars; trace Vitamin D; 208mg Calcium; 9mg Iron; 844mg Potassium; 378mg Phosphorus.
Exchanges: .

Nutrition Facts	
servings per recipe	
Amount per serving	
Calories	584
% Daily Values*	
Total Fat: 28g	44%
Saturated Fat: 8g	40%
Cholesterol: 119mg	40%
Sodium: 154mg	7%
Total Carbohydrate: 50g	17%
Dietary Fiber: 7g	28%
Total Sugars: 6g	
Include 0g Added Sugars	
Protein: 37g	
Vitamin D: trace	2%
Calcium: 208mg	16%
Iron: 9mg	52%
Potassium: 844mg	18%
<small>*The Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.</small>	

Nutritional Analysis

Calories (kCal): 584

% Calories from Fat: 42.3%

% Calories from Carbohydrates: 33.3%

% Calories from Protein: 24.4%

Total Fat: 28g

Trans Fat: trace

Total Trans Monoenic Fat: 0g

Total Trans Polyenoic Fat: 0g

Saturated Fat: 8g

Monosaturated: 11g

Polyunsaturated: 5g

Total Carbohydrate: 50g

Dietary Fiber: 7g

Total Sugars: 6g

Sucrose: trace

Glucose: 1g

Fructose: trace

Lactose: 0g

Maltose: 0g

Galactose: trace

Include 0g Added Sugars
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Sugar Alcohol: 0g

Protein: 37g

Cholesterol: 119mg

Ash: 4g

Water: 222g

Starch: 26g

MINERALS:

Calcium: 208mg

Copper: trace

Iron: 9mg

Magnesium: 111mg

Manganese: 4mg

Phosphorus: 378mg

Potassium: 844mg

Selenium: 30mcg

Sodium: 154mg

Zinc: 4mg

VITAMINS:

Betaine: 12mg

Carotene Alpha: 50mcg

Carotene Beta: 785mcg

Choline: 108mg

Cryptoxanthin Beta: 55mcg

Dihydrophyloquinone: trace

Folacin: 0mcg

Folate DFE: 35mcg

Folate Food: 35mcg

Folate Total: 35mcg

Lutein Zeaxanthin: 298mcg

Lycopene: 0mcg

Menaquinone: 0mcg

Niacin: 13mg

Pantothenic Acid: 2mg

Retinol: 75mcg

Tocopherol Beta: 0mg

Tocopherol Delta: 0mg

Tocopherol Gamma: trace

Tocotrienol Alpha: 0mg

Tocotrienol Beta: 0mg

Tocotrienol Delta: 0mg

Tocotrienol Gamma: 0mg

Vitamin A (RE): 165RE

Vitamin A (IU): 2131IU

Vitamin B1 (Thiamin): .2mg

Vitamin B2 (Riboflavin): .4mg

Vitamin B6: .7mg

Vitamin B12: .7mcg

Vitamin B 12 Added: 0mcg

Vitamin C: 10mg

Vitamin D (mcg): trace

Vitamin D (IU): 16IU

Vitamin D2: 0mcg

Vitamin E: 1mg

Vitamin E (added): 0mg

Vitamin K: 8mcg

Vitamin D3: trace

AMINO ACIDS:

Alanine: 2g

Arginine: 2g

Aspartic Acid: 3g

Cystine: trace

Glutamic Acid: 5g

Glycine: 2g

Histidine: 1g

Hydroxyproline: 0g

Isoleucine: 2g

Leucine: 2g

Lysine: 2g

Methionine: 1g

Phenylalanine: 1g

Proline: 2g

Serine: 1g

Threonine: 1g

Tryptophan: trace

Tyrosine: 1g

Valine: 2g

OTHERS:

Alcohol Cals: 0

Beta Sitosterol: 0mg

Caffeine: 0mg

Campesterol: 0mg

Fluoride: 6mcg

Phytosterols: 18mg

Stigmasterol: 0mg

Theobromine: 0mg

FOOD EXCHANGES:

Starch Exchanges: 0

Meat Exchanges: 0

Milk Exchanges: 0

Vegetable Exchanges: 0

Fruit Exchanges: 0

Fat Exchanges: 0

Other Carb Exchanges: 0