



Butter Chicken Roti-Aloo Gobi Rice-705g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (705 g/25.2oz)
 Portion 1 portion (705 g/25.2oz)

Calories 600	% Daily Value*
	% valeur quotidienne*
Fat/ Lipides 16 g	22 %
Saturated / satures 1.5 g	8%
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 104 g	
Fibre / Fibres 11 g	39%
Sugars / Sucres 3 g	3%
Protein / Proteines 11 g	
Cholesterol / Cholesterol 0 mg	0%
Sodium 640 mg	28%
Potassium 1150 mg	24%
Calcium 125 mg	10 %
Iron/ Fer 3.5 mg	19 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
 15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (680 g/24.302)

Portion 1 portion (680 g/24.302)

Calories 850

³/₄ Daily Value*
% valeur quotidienne*

Fat/ Lipides 12 g 16 %

Saturated / satures 1 g 7%

+ Trans / trans 0 g

Carbohydrate/ Glucides 161 g

Fibre / Fibres 15 g 53 %

Sugars/ Sucres 9 g 9%

Protein/ Proteines 22 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 290 mg 13 %

Potassium 900 mg 19 %

Calcium 125 mg 10 %

Iron / Fer 9.5 mg 53%

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15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (655 g/23.4oz)

Portion 1 portion (655 g/23.4oz)

Calories 920

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 13 g 17 %

Saturated / satures 1.5 g 7%

+ Trans / trans 0 g

Carbohydrate/ Glucides 174 g

Fibre / Fibres 16 g 57%

Sugars / Sucres 14 g 14 %

Protein / Proteines 28 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 410 mg 18 %

Potassium 1050 mg 22 %

Calcium 125 mg 10 %

Iron/ Fer 11 mg 61 %

* 5% or less is a **little**, 15% or more is a **lot**

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15% ou plus c'est **beaucoup**

Butter Chicken Roti-Baingan Aloo Roti-680g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (680 g/24.302)

Portion 1 portion (680 g/24.302)

Calories 850

% Daily Value*
¾ valeur quotidienne*

Fat/ Lipides 13 g 17 %
Saturated / satures 1 g 7%
+ Trans / trans 0 g

Carbohydrate / Glucides 164 g
Fibre / Fibres 14 g 49%
Sugars / Sucres 6 g 6%

Protein / Proteines 22 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 250 mg 11 %

Potassium 1250 mg 27%

Calcium 100 mg 8%

Iron / Fer 9.5 mg 53 %

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15% ou plus c'est **beaucoup**

Nutrition Facts**Valeur nutritive**

Serving Size 1 serving (735 g/26.302)

Portion 1 portion (735 g/26.302)

Calories 770% Daily Value*
% valeur quotidienne***Fat/ Lipides** 20 g 26%

Saturated / satures 1.5 g 9%

+ Trans / trans 0 g

Carbohydrate / Glucides 130 g

Fibre / Fibres 15 g 53%

Sugars / Sucres 3 g 3%

Protein / Proteines 19 g**Cholesterol / Cholesterol** 0 mg 0%**Sodium** 1240 mg 54%

Potassium 950 mg 20%

Calcium 175 mg 13 %

Iron/ Fer 5.5 mg 31 %

* 5% or less is **a little**, 15% or more is **a lot***5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Chana Roti-635g

Nutrition Facts
Valeur nutritive

Serving Size 1 serving (635 g/22.7oz)

Portion 1 portion (635 g/22.7oz)

Calories 980	% Daily Value* % valeur quotidienne*
Fat/ Lipides 14 g	19 %
Saturated / satures 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 184 g	
Fibre / Fibres 17 g	61 %
Sugars / Sucres 6 g	6 %
Protein / Proteines 29 g	
Cholesterol / Cholesterol 0 mg	0 %
Sodium 840 mg	36 %
Potassium 900 mg	19 %
Calcium 150 mg	12 %
Iron/ Fer 11 mg	61 %

* 5% or less is **a little**, 15% or more is **a lot**

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15% ou plus c'est **beaucoup**

Butter Chicken Roti-Curry Rice-Chicken-735g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (735 g/26.3oz)

Portion 1 portion (735 g/26.3oz)

Calories 700

³/₄ Daily Value*
% valeur quotidienne*

Fat / Lipides 24 g	32%
Saturated / satures 3.5 g	18 %
+ Trans / trans 0.2 g	

Carbohydrate / Glucides 79 g

Fibre / Fibres 5 g	19 %
Sugars / Sucres 3 g	3%

Protein / Proteines 67 g

Cholesterol / Cholesterol 190 mg	64 %
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Sodium 840 mg	37 %
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Potassium 500 mg	11 %
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Calcium 125 mg	10 %
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Iron / Fer 5.5 mg	31 %
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15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (735 g/26.302)

Portion 1 portion (735 g/26.302)

Calories 1210 ³/₄ Daily Value*
% valeur quotidienne*

Fat/ Lipides 75 g 100 %
Saturated / satures 27 g 138 %
+ Trans / trans 0.2 g

Carbohydrate/ Glucides 79 g
Fibre / Fibres 5 g 19 %
Sugars / Sucres 3 g 3%

Protein / Proteines 55 g

Cholesterol / Cholesterol 200 mg 66%

Sodium 790 mg 35 %

Potassium 500 mg 11 %

Calcium 125 mg 10 %

Iron / Fer 7 mg 39%

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15% ou plus c'est **beaucoup**

Butter Chicken Roti – Curry Rice
Shrimp -635g

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Nutrition Facts

Valeur nutritive

Serving Size 1 serving (635 g/22.7oz)

Portion 1 portion (635 g/22.7oz)

Calories 650

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 18 g **24%**
Saturated / satures 1.5 g 10 %
+Trans/ trans 0.2 g

Carbohydrate / Glucides 81 g
Fibre / Fibres 5 g 19 %
Sugars / Sucres 3 g 3%

Protein / Proteines 40 g

Cholesterol / Cholesterol 290 mg 97 %

Sodium 970 mg 42 %

Potassium 800 mg 17 %

Calcium 175 mg 13 %

Iron/ Fer 7.5 mg 42%

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Butter Chicken Roti-Curry Roti-Chicken-710g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (710 g/25.402)

Portion 1 portion (710 g/25.402)

Calories 1050

³/₄DailyValue*
% valeur quotidienne*

Fat/ Lipides 20 g 27%
Saturated / satures 3.5 g 17 %
+Trans/ trans 0.2 g

Carbohydrate / Glucides 139 g
Fibre / Fibres 8 g 29 %
Sugars / Sucres 6 g 6%

Protein / Proteines 78 g

Cholesterol / Cholesterol 190 mg 64%

Sodium 450 mg 20 %

Potassium 550 mg 12 %

Calcium 125 mg 10 %

Iron/ Fer 11 mg 61 %

* 5% or less is **a little**, 15% or more is **a lot**

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15% ou plus c'est **beaucoup**

Butter Chicken Roti-Curry Roti-Lamb-710g

Nutrition Facts
Valeur nutritive

Serving Size 1 serving (710 g/25.402)

Portion 1 portion (710 g/25.402)

Calories 1460 ¾ Daily Value*
% valeur quotidienne*

Fat/ Lipides 71 g 95 %
Saturated / satures 27 g 137 %
+ Trans / trans 0.2 g

Carbohydrate / Glucides 139 g
Fibre / Fibres 8 g 29%
Sugars / Sucres 6 g 6%

Protein / Proteines 66 g

Cholesterol / Cholesterol 200 mg 66%

Sodium 400 mg 18 %

Potassium 550 mg 12 %

Calcium 125 mg 10 %

Iron/ Fer 13 mg 72 %

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15% ou plus c'est beaucoup

Nutrition Facts**Valeur nutritive**

Serving Size 1 serving (610 g/21.8oz)

Portion 1 portion (610 g/21.Boz)

Calories 900

% Daily Value*

% valeur quotidienne*

Fat/ Lipides 14 g	19 %
Saturated / satures 1.5 g	9%
+ Trans / trans 0 g	

Carbohydrate / Glucides 141 g	
Fibre / Fibres 8 g	30%
Sugars / Sucres 6 g	6%

Protein/ Proteines 51 g**Cholesterol / Cholesterol** 295 mg 98 %**Sodium** 580 mg 25%

Potassium 850 mg 18 %

Calcium 150 mg 12 %

Iron/ Fer 13.5 mg 75%

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15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (910 g/32.5oz)

Portion 1 portion (910 g/32.5oz)

Calories 780

% Daily Value*

% valeur quotidienne*

Fat/ Lipides 24 g 33 %

Saturated / saturés 3.5 g 18 %

+ Trans / trans 0.2 g

Carbohydrate / Glucides 94 g

Fibre / Fibres 11 g 40%

Sugars / Sucres 9 g 9%

Protein / Protéines 72 g

Cholesterol / Cholestérol 190 mg 64%

Sodium 950 mg 42%

Potassium 650 mg 14%

Calcium 175 mg 13 %

Iron/ Fer 7 mg 39%

* 5% or less is **a little**, 15% or more is **a lot**

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Butter Chicken Roti-Jalfrezi Rice-Lamb-910g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (910 g/32.5oz)

Portion 1 portion (910 g/32.5oz)

Calories 1290

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 76 g 101 %

Saturated / saturés 27 g 138 %

+ Trans / trans 0.2 g

Carbohydrate / Glucides 94 g

Fibre / Fibres 11 g 40%

Sugars / Sucres 9 g 9%

Protein / Proteines 60 g

Cholesterol / Cholesterol 200 mg 66%

Sodium 910 mg 39 %

Potassium 650 mg 14 %

Calcium 175 mg 13 %

Iron / Fer 8.5 mg 47%

* 5% or less is **a little**, 15% or more is **a lot**

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Butter Chicken Roti-Jalfrezi Rice-Shrimp-785g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (785 g/28oz)

Portion 1 portion (785 g/28oz)

Calories 720 % Daily Value*
% valeur quotidienne*

Fat / Lipides 18 g **24%**

Saturated / satures 1.5 g **10%**

+ Trans/ trans 0.2 g

Carbohydrate/ Glucides 94 g

Fibre / Fibres 11 g **39%**

Sugars / Sucres 10 g **10%**

Protein / Proteines 46 g

Cholesterol / Cholesterol 290 mg

97%

Sodium 1080 mg **47%**

Potassium 1200 mg **26%**

Calcium 200 mg **15%**

Iron/ Fer 9 mg **50%**

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Butter Chicken Roti-Jalfrezi Roti-Chicken-885g

Nutrition Facts

-valeur nutritive

Serving Size 1 serving (885 g/31.6oz)

Portion 1 portion (885 g/31.602)

Calories 1130

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 21 g 27%
Saturated / satures 3.5 g 18 %
+ Trans / trans 0.2 g

Carbohydrate / Glucides 154 g
Fibre / Fibres 14 g 51 %
Sugars / Sucres 12 g 12 %

Protein / Proteines 83 g

Cholesterol / Cholesterol 190 mg 64 %

Sodium 560 mg 25 %

Potassium 750 mg 16 %

Calcium 150 mg 12 %

Iron / Fer 12.5 mg 69%

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15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (885 g/31.6oz)

Portion 1 portion (885 g/31.6oz)

Calories 1550 % Daily Value*
% valeur quotidienne*

Fat / Lipides 72 g 95%
Saturated / satures 27 g 137 %
+ Trans / trans 0.2 g

Carbohydrate/ Glucides 154 g
Fibre/ Fibres 14 g 51 %
Sugars / Sucres 12 g 12 %

Protein / Proteines 71 g

Cholesterol / Cholesterol 200 mg 66 %

Sodium 520 mg 22 %

Potassium 750 mg 16 %

Calcium 150 mg 12 %

Iron/ Fer 14.5 mg 81 %

* 5% or less is a little, 15% or more is a lot

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Butter Chicken Roti-Jalfrezi Roti-Shrimp-760g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (760 g/27.1oz)

Portion 1 portion (760 g/27.1oz)

Calories 970

³/₄ Daily Value*
% valeur quotidienne*

Fat/ Lipides 14 g	19 %
Saturated/ satures 1.5 g	9%
+ Trans / trans 0 g	

Carbohydrate / Glucides 154 g	
Fibre / Fibres 14 g	50 %
Sugars / Sucres 12 g	12 %

Protein / Proteines 56 g	
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Cholesterol / Cholesterol 290 mg	97 %
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Sodium 690 mg	30 %
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Potassium 1250 mg	27%
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Calcium 175 mg	13 %
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Iron/ Fer 15 mg	83 %
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15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (730 g/26.1oz)
 Portion 1 portion (730 g/26.1oz)

Calories 650	% Daily Value* % valeur quotidienne*
Fat/ Lipides 16 g	22 %
Saturated / satures 1.5 g	8%
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 109 g	
Fibre / Fibres 14 g	50 %
Sugars / Sucres 11 g	11 %
Protein / Proteines 16 g	
Cholesterol / Cholesterol 0 mg	0%
Sodium 790 mg	34%
Potassium 850 mg	18 %
Calcium 150 mg	12 %
Iron/ Fer 5 mg	28 %

* 5% or less is **a little**, 15% or more **is a lot**

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 15% ou plus c'est **beaucoup**

Butter Chicken Roti-Mixed Vegetable Roti-705g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (705 g/25.202)

Portion 1 portion (705 g/25.202)

Calories 900

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 13 g 17 %
Saturated / satures 1 g 7%
+ Trans / trans 0 g

Carbohydrate / Glucides 169 g
Fibre / Fibres 17 g 61 %
Sugars/ Sucres 14 g 14 %

Protein / Proteines 27 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 400 mg 17 %

Potassium 950 mg 20%

Calcium 125 mg 10 %

Iron/ Fer 11 mg 61 %

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15% ou plus c'est **beaucoup**

Butter Chicken Roti-Saag Roti-Shrimp-685g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (685 g/24.5oz)

Portion 1 portion (685 g/24.5oz)

Calories 960

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 19 g 25 %
Saturated / satures 2.5 g 13 %
+ Trans / trans 0.2 g

Carbohydrate / Glucides 143 g

Fibre / Fibres 11 g 38 %
Sugars / Sucres 6 g 6%

Protein / Proteines 53 g

Cholesterol / Cholesterol 295 mg 98%

Sodium 770 mg 33%

Potassium 1400 mg 30 %

Calcium 225 mg 17 %

Iron / Fer 16 mg 89 %

* 5% or less is **a little**, 15% or more is **a lot**

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15% ou plus c'est **beaucoup**

Butter Chicken Roti-Saag Roti-Lamb-810g

Nutrition Facts
Valeur nutritive

Serving Size 1 serving (810 g/28.902)

Portion 1 portion (810 g/28.902)

Calories 1530 % Daily Value*
% valeur quotidienne*

Fat/ Lipides 76 g 102 %
Saturated / satures 28 g 141 %
+ Trans / trans 0.2 g

Carbohydrate / Glucides 142 g
Fibre / Fibres 11 g 38 %
Sugars / Sucres 6 g 6%

Protein / Proteines 69 g

Cholesterol / Cholesterol 200 mg 66%

Sodium 600 mg 26%

Potassium 1100 mg 23%

Calcium 200 mg 15 %

Iron / Fer 15.5 mg 86%

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Saag Roti-Chicken-810g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (810 g/28.9oz)

Portion 1 portion (810 g/28.9oz)

Calories 1120

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 25 g 34%
Saturated / satures 4 g 21 %
+ Trans / trans 0.2 g

Carbohydrate / Glucides 142 g

Fibre / Fibres 11 g 38%
Sugars / Sucres 6 g 6%

Protein/ Proteines 81 g

Cholesterol / Cholesterol 190 mg 64 %

Sodium 650 mg 28%

Potassium 1100 mg 23 %

Calcium 200 mg 15 %

Iron/ Fer 14 mg 78%

* 5% or less is **a little**, 15% or more is **a lot**

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15% ou plus c'est **beaucoup**

Butter Chicken Roti-Saag Rice-Shrimp-710g

Nutrition Facts
Valeur nutritive

Serving Size 1 serving (710 g/25.4oz)
Portion 1 portion (710 g/25.4oz)

Calories 700	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 23 g	30 %
Saturated / satures 2.5 g	13 %
+Trans/ trans 0.2 g	
Carbohydrate / Glucides 82 g	
Fibre / Fibres 8 g	27%
Sugars / Sucres 4 g	4%
Protein / Proteines 42 g	
Cholesterol / Cholesterol 290 mg	97 %
Sodium 1160 mg	50 %
Potassium 1300 mg	28 %
Calcium 250 mg	19 %
Iron/ Fer 10 mg	56 %

* 5% or less is **a little**, 15% or more is **a lot**

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15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (835 g/29.8oz)

Portion 1 portion (835 g/29.8oz)

Calories 770

% Daily Value*

% valeur quotidienne*

Fat/ Lipides 29 g 39 %
Saturated / satures 4 g 22 %
+ Trans / trans 0.2 g

Carbohydrate / Glucides 82 g

Fibre / Fibres 8 g 27%

Sugars / Sucres 4 g 4%

Protein / Proteines 70 g

Cholesterol / Cholesterol 190 mg 64 %

Sodium 1040 mg 45%

Potassium 1050 mg 22%

Calcium 225 mg 17 %

Iron/ Fer 8 mg 44%

* 5% or less is **a little**, 15% or more is **a lot**

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15% ou plus c'est **beaucoup**

Butter Chicken Roti-Saag Rice-Lamb-835g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (835 g/29.802)

Portion 1 portion (835 g/29.802)

Calories 1280	% Daily Value*
	% valeur quotidienne*
Fat/ Lipides 80 g	107 %
Saturated / satures 28 g	142 %
+ Trans / trans 0.2 g	
Carbohydrate/ Glucides 82 g	
Fibre / Fibres 8 g	27%
Sugars / Sucres 4 g	4%
Protein / Proteines 58 g	
Cholesterol / Cholesterol 200 mg	66%
Sodium 990 mg	43%
Potassium 1050 mg	22 %
Calcium 225 mg	17 %
Iron/ Fer 10 mg	56%

* 5% or less is **a little**, 15% or more is **a lot**

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15% ou plus c'est **beaucoup**

Butter Chicken Roti-Saag Aloo Rice-680g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (680 g/24.302)

Portion 1 portion (680 g/24.302)

Calories 660

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 24 g 32 %
Saturated / satures 2.5 g 13 %
+ Trans / trans 0.2 g

Carbohydrate / Glucides 98 g
Fibre / Fibres 10 g 37 %
Sugars / Sucres ?? g ?? %

Protein / Proteines 14 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 930 mg 40%

Potassium 1550 mg 33 %

Calcium 250 mg 19 %

Iron / Fer 7 mg 39 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Saag Aloo Roti-655g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (655 g/23.4oz)

Portion 1 portion (655 g/23.4oz)

Calories 910

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 20 g 26%
Saturated / satures 2.5 g 13 %
+ Trans / trans 0.2 g

Carbohydrate/ Glucides 158 g
Fibre / Fibres 13 g 47%
Sugars / Sucres 6 g 6%

Protein/ Proteines 25 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 530 mg 23%

Potassium 1600 mg 34%

Calcium 225 mg 17 %

Iron/ Fer 13 mg 72%

* 5% or less is a little, 15% or more is a lot

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15% ou plus c'est beaucoup

Butter Chicken Roti-Saag Chana Rice-710g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (710 g/25.402)

Portion 1 portion (710 g/25.402)

Calories 740

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 23 g 30%
Saturated / satures 2 g 12 %
+ Trans / trans 0.2 g

Carbohydrate / Glucides 116 g
Fibre / Fibres 14 g 51 %
Sugars / Sucres 4 g 4%

Protein / Proteines 19 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 1270 mg 55 %

Potassium 1300 mg 28%

Calcium 250 mg 19 %

Iron/ Fer 7.5 mg 42 %

* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu,
15% ou plus c'est beaucoup

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (685 g/24.502)

Portion 1 portion (685 g/24.502)

Calories 990

³/₄ Daily Value*
% valeur quotidienne*

Fat / Lipides 19 g 25 %
Saturated / satures 2 g 11 %
+ Trans / trans 0.2 g

Carbohydrate / Glucides 176 g
Fibre / Fibres 17 g 62 %
Sugars / Sucres 6 g 6%

Protein / Proteines 30 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 880 mg 38 %

Potassium 1350 mg 29 %

Calcium 225 mg 17 %

Iron / Fer 13.5 mg 75 %

* 5% or less is **a little**, 15% or more is **a lot**

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15% ou plus c'est **beaucoup**

Butter Chicken Roti-Tikka Masala Roti-Shrimp-630g

Nutrition Facts
Valeur nutritive

Serving Size 1 serving (630 g/22.Soz)
Portion 1 portion (630 g/22.Soz)

Calories 910	% Daily Value*
	% valeur quotidienne*
Fat/ Lipides 14 g	19 %
Saturated / satures 1.5 g	9%
+ Trans / trans 0 g	
Carbohydrate / Glucides 141 g	
Fibre / Fibres 8 g	30 %
Sugars / Sucres 6 g	6%
Protein / Proteines 53 g	
Cholesterol / Cholesterol 290 mg	97 %
Sodium 1940 mg	85 %
Potassium 900 mg	19 %
Calcium 150 mg	12 %
Iron / Fer 13.5 mg	75%

* 5% or less is a **little**, 15% or more is a **lot**

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15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (755 g/27oz)

Portion 1 portion (755 g/27oz)

Calories 800 % Daily Value*
% valeur quotidienne*

Fat/ Lipides 24 g 32 %

Saturated / satures 3.5 g 18 %

+Trans/ trans 0.2 g

Carbohydrate / Glucides 79 g

Fibre / Fibres 5 g 19 %

Sugars / Sucres 3 g 3%

Protein / Proteines 69 g

Cholesterol / Cholesterol 190 mg 64 %

Sodium 2210 mg 96%

Potassium 500 mg 11 %

Calcium 125 mg 10 %

Iron / Fer 5.5 mg 31 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,

15% ou plus c'est **beaucoup**

Nutrition Facts**Valeur nutritive**

Serving Size 1 serving (755 g/27oz)

Portion 1 portion (755 g/27oz)

Calories 1220³/₄ Daily Value*
% valeur quotidienne*

Fat/ Lipides 75 g	100 %
Saturated/ satures 27 g	138 %
+ Trans / trans 0.2 g	

Carbohydrate / Glucides 79 g	
Fibre / Fibres 5 g	19 %
Sugars / Sucres 3 g	3%

Protein / Proteines 57 g**Cholesterol / Cholesterol** 200 mg 66%**Sodium** 2170 mg 94%

Potassium 500 mg 11 %

Calcium 125 mg 10 %

Iron / Fer 7 mg 39 %

* 5% or less is **a little**, 15% or more is **a lot*** 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Nutrition Facts	
Valeur nutritive	
Serving Size 1 serving (655 g/23.402)	
Portion 1 portion (655 g/23.402)	
Calories 650	³ / ₄ Daily Value* % valeur quotidienne*
Fat/ Lipides 18 g	24%
Saturated / satures 1.5 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 81 g	
Fibre / Fibres 5 g	19 %
Sugars / Sucres 3 g	3%
Protein / Proteines 42 g	
Cholesterol / Cholesterol 290 mg	97%
Sodium 2390 mg	104 %
Potassium 800 mg	17 %
Calcium 175 mg	13 %
Iron / Fer 7.5 mg	42 %
* 5% or less is a little , 15% or more is a lot	
* 5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Butter Chicken Roti-Tikka Masala Roti-Chicken-730g

Nutrition Facts
Valeur nutritive

Serving Size 1 serving (730 g/26.1oz)
Portion 1 portion (730 g/26.1oz)

Calories 1060	% Daily Value*
	% valeur quotidienne*
Fat/ Lipides 20 g	27%
Saturated / satures 3.5 g	18 %
+Trans/ trans 0.2 g	
Carbohydrate / Glucides 139 g	
Fibre / Fibres 8 g	29%
Sugars / Sucres 6 g	6%
Protein / Proteines 80 g	
Cholesterol / Cholesterol 195 mg	64%
Sodium 1830 mg	80 %
Potassium 600 mg	13 %
Calcium 125 mg	10 %
Iron / Fer 11 mg	61 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% cu mains c'est **peu**,
15% cu plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (730 g/26.1oz)

Portion 1 portion (730 g/26.1oz)

Calories 1480

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 72 g	95 %
Saturated / satures 27 g	137 %
+Trans/ trans 0.2 g	

Carbohydrate / Glucides 139 g

Fibre / Fibres 8 g	29 %
Sugars / Sucres 6 g	6 %

Protein / Proteines 68 g

Cholesterol / Cholesterol 200 mg	66 %
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Sodium 1780 mg	78 %
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Potassium 600 mg	13 %
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Calcium 125 mg	10 %
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Iron/ Fer 13 mg	72 %
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* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Korma Roti-Lamb-735g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (760 g/27.1oz)

Portion 1 portion (760 g/27.1oz)

Calories 1810

³/₄ Daily Value*
% valeur quotidienne*

Fat/ Lipides 103 g 138 %

Saturated / satures 34 g 169 %

+ Trans / trans 0.2 g

Carbohydrate/ Glucides 146 g

Fibre / Fibres 9 g 31 %

Sugars / Sucres 8 g 8%

Protein / Proteines 73 g

Cholesterol / Cholesterol 205 mg 68%

Sodium 420 mg 18 %

Potassium 650 mg 14 %

Calcium 125 mg 10 %

Iron / Fer 15.5 mg 86 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (610 g/21.8oz)

Portion 1 portion (610 g/21.8oz)

Calories 1170

³/₄ Daily Value*
% valeur quotidienne*

Fat/ Lipides 42 g 56%

Saturated / satures 7 g 35%

+ Trans / trans 0.2 g

Carbohydrate/ Glucides 141 g

Fibre / Fibres 8 g 30 %

Sugars / Sucres 8 g 8%

Protein / Proteines 56 g

Cholesterol / Cholesterol 295 mg 98 %

Sodium 580 mg 25%

Potassium 900 mg 19 %

Calcium 150 mg 12 %

Iron / Fer 15.5 mg 86%

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (760 g/27.1oz)

Portion 1 portion (760 g/27.1oz)

Calories 990

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 53 g 71 %

Saturated / satures 9 g **44%**

+ Trans / trans 0.2 g

Carbohydrate/ Glucides 81 g

Fibre / Fibres 5 g 19 %

Sugars / Sucres 6 g 6%

Protein / Proteines 72 g

Cholesterol / Cholesterol 195 mg 64 %

Sodium 850 mg 37%

Potassium 550 mg 12 %

Calcium 150 mg 12 %

Iron/ Fer 7.5 mg 42 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou mains c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Korma Rice-Lamb-760g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (760 g/27.1oz)

Portion 1 portion (760 g/27.1oz)

Calories 1500

³/₄ Daily Value*
% valeur quotidienne*

Fat/ Lipides 104 g 139 %
Saturated / satures 33 g 164 %
+ Trans / trans 0.2 g

Carbohydrate/ Glucides 81 g
Fibre / Fibres 5 g 19 %
Sugars / Sucres 6 g 6%

Protein / Proteines 60 g

Cholesterol / Cholesterol 200 mg 66%

Sodium 800 mg 35%

Potassium 550 mg 12 %

Calcium 150 mg 12 %

Iron / Fer 9.5 mg 53 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Korma Rice-Shrimp-660g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (660 g/23.602)

Portion 1 portion (660 g/23.602)

Calories 930

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 47 g 62%
Saturated / satures 7 g 36%
+ Trans / trans 0.2 g

Carbohydrate / Glucides 83 g
Fibre / Fibres 6 g 20%
Sugars / Sucres 6 g 6%

Protein / Proteines 45 g

Cholesterol / Cholesterol 290 mg 97 %

Sodium 970 mg 42%

Potassium 850 mg 18 %

Calcium 175 mg 13 %

Iron / Fer 9.5 mg 53%

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (760 g/27.1oz)

Portion 1 portion (760 g/27.1oz)

Calories 1280

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 51 g 67%

Saturated / satures 9 g 45%

+Trans/ trans 0.2 g

Carbohydrate / Glucides 146 g

Fibre / Fibres 9 g 31 %

Sugars / Sucres 8 g 8%

Protein / Proteines 86 g

Cholesterol / Cholesterol 200 mg 66 %

Sodium 470 mg 20%

Potassium 650 mg 14 %

Calcium 125 mg 10 %

Iron / Fer 13.5 mg 75%

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Saag Paneer Roti-755g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (755 g/27oz)

Portion 1 portion (755 g/27oz)

Calories 1610

% Daily Value*

% valeur quotidienne*

Fat/ Lipides 87 g 116 %

Saturated / satures 47 g **244 %**

+ Trans/ trans 1.5 g

Carbohydrate/ Glucides 147 g

Fibre / Fibres 10 g 35 %

Sugars / Sucres 20 g 20%

Protein / Proteines 58 g

Cholesterol / Cholesterol 285 mg 94%

Sodium 500 mg 22 %

Potassium 1000 mg 21 %

Calcium 1450 mg 112 %

Iron/ Fer 12 mg 67%

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Saag Paneer Rice-780g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (780 g/27.902)

Portion 1 portion (780 g/27.902)

Calories 1350

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 91 g 121 %

Saturated / satures 47 g **244%**
+ Trans / trans 1.5 g

Carbohydrate/ Glucides 86 g

Fibre / Fibres 7 g **24%**

Sugars / Sucres 18 g 18 %

Protein/ Proteines 47 g

Cholesterol / Cholesterol 280 mg 94%

Sodium 890 mg 39 %

Potassium 950 mg 20%

Calcium 1450 mg 112 %

Iron / Fer 6 mg 33%

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (805 g/28.802)

Portion 1 portion (805 g/28.802)

Calories 1290 % Daily Value*
% valeur quotidienne*

Fat/ Lipides 55 g 74%
Saturated / satures 25 g 130 %
+ Trans / trans 1 g

Carbohydrate/ Glucides 141 g
Fibre / Fibres 8 g 29%
Sugars / Sucres 8 g 8%

Protein / Proteines 80 g

Cholesterol / Cholesterol 325 mg 108 %

Sodium 480 mg 21 %

Potassium 650 mg 14 %

Calcium 175 mg 13 %

Iron/ Fer 11 mg 61 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Nutrition Facts**Valeur nutritive**

Serving Size 1 serving (776 g/27.702)

Portion 1 portion (776 g/27.702)

Calories 720³/₄ Daily Value*
% valeur quotidienne***Fat/ Lipides** 24 g 32%

Saturated / satures 3.5 g 18 %

+Trans/ trans 0.2 g

Carbohydrate/ Glucides 83 g

Fibre / Fibres 5 g 19 %

Sugars / Sucres 8 g 8%

Protein / Proteines 67 g**Cholesterol / Cholesterol** 190 mg 64 %**Sodium** 840 mg 37 %

Potassium 600 mg 13 %

Calcium 150 mg 12 %

Iron / Fer 5.5 mg 31 %

* 5% or less is **a little**, 15% or more is **a lot*** 5% ou mains c'est **peu**,
15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (776 g/27.702)

Portion 1 portion (776 g/27.7oz)

Calories 1230

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 75 g	101 %
Saturated / satures 27 g	138 %
+ Trans/ trans 0.2 g	

Carbohydrate / Glucides 83 g

Fibre / Fibres 5 g	19 %
Sugars / Sucres 8 g	8 %

Protein / Proteines 55 g

Cholesterol / Cholesterol 200 mg 66 %

Sodium 790 mg 35 %

Potassium 600 mg 13 %

Calcium 150 mg 12 %

Iron/ Fer 7.5 mg 42%

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (676 g/24.1oz)

Portion 1 portion (676 g/24.1oz)

Calories 670

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 18 g	24%
Saturated / satures 2 g	10 %
+ Trans / trans 0.2 g	

Carbohydrate / Glucides 85 g

Fibre / Fibres 6 g	20%
Sugars / Sucres ?? g	?? %

Protein / Proteines 40 g

Cholesterol / Cholesterol 295 mg	98 %
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Sodium 970 mg	42 %
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Potassium 900 mg	19 %
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Calcium 175 mg	13 %
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Iron/ Fer 7.5 mg	42 %
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*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Vindaloo Roti-Chicken-751g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (751 g/26.Boz)

Portion 1 portion (751 g/26.Boz)

Calories 980

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 20 g 27%
Saturated / satures 3.5 g 18 %
+ Trans / trans 0.2 g

Carbohydrate/ Glucides 144 g
Fibre / Fibres 8 g 30%
Sugars / Sucres 10 g 10 %

Protein / Proteines 78 g

Cholesterol / Cholesterol 190 mg 64%

Sodium 450 mg 20%

Potassium 650 mg 14 %

Calcium 125 mg 10 %

Iron/Fer11 mg 61 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou mains c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Vindaloo Roti-Lamb-751g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (751 g/26.802)

Portion 1 portion (751 g/26.802)

Calories 1490

³/₄ Daily Value*
³/₄ valeur quotidienne*

Fat/ Lipides 72 g 95 %

Saturated / satures 27 g 137 %

+ Trans / trans 0.2 g

Carbohydrate/ Glucides 144 g

Fibre / Fibres 8 g 30%

Sugars / Sucres 10 g 10 %

Protein / Proteines 66 g

Cholesterol / Cholesterol 200 mg 66 %

Sodium 400 mg 18 %

Potassium 650 mg 14 %

Calcium 125 mg 10 %

Iron/ Fer 13 mg 72 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Vindaloo Roti-Shrimp-651g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (651 g/23.3oz)

Portion 1 portion (651 g/23.3oz)

Calories 920

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 14 g 19 %
Saturated / satures 1.5 g 9%
+ Trans/ trans 0 g

Carbohydrate / Glucides 146 g
Fibre / Fibres 9 g 31 %
Sugars / Sucres ?? g ?? %

Protein/ Proteines 51 g

Cholesterol / Cholesterol 290 mg 97%

Sodium 580 mg 25 %

Potassium 950 mg 20 %

Calcium 150 mg 12 %

Iron/ Fer 13.5 mg 75 %

*5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Aloo Tikki Chaat-590g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (590 g/21.1oz)

Portion 1 portion (590 g/21.1oz)

Calories 1120

% Daily Value*

% valeur quotidienne*

Fat/ Lipides 23 g 30%

Saturated / satures 8 g 42%
+ Trans / trans 0 g

Carbohydrate / Glucides 187 g

Fibre / Fibres 36 g 129 %

Sugars / Sucres 24 g 24%

Protein / Proteines 50 g

Cholesterol / Cholesterol 40 mg 13 %

Sodium 1440 mg 63%

Potassium 2150 mg 46%

Calcium 750 mg 58 %

Iron/ Fer 15 mg 83 %

* 5% or less is **a little**, 15% or more is **a lot**

*5% ou moins c'est **peu**,

15% ou plus c'est **beaucoup**

Butter Chicken Roti-Bhel Puri-405g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (405 g/14.5oz)

Portion 1 portion (405 g/14.5oz)

Calories 1070 % Daily Value*
% valeur quotidienne*

Fat/ Lipides 57 g 76%
Saturated/ satures 23 g 114 %
+ Trans / trans 0 g

Carbohydrate / Glucides 124 g
Fibre / Fibres 24 g 84%
Sugars / Sucres 11 g 11 %

Protein / Proteines 25 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 1310 mg 57 %

Potassium 950 mg 20%

Calcium 250 mg 19 %

Iron / Fer 9 mg 50 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Dahi Puri-936g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (936 g/33.402)

Portion 1 portion (936 g/33.402)

Calories 2640

³/₄ Daily Value*
³/₄ valeur quotidienne*

Fat/ Lipides 146 g 194 %
Saturated / satures 61 g 305 %
+ Trans / trans 0 g

Carbohydrate/ Glucides 266 g
Fibre / Fibres 20 g 73%
Sugars / Sucres 0 g 0%

Protein / Proteines 69 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 1770 mg 77%

Potassium 1650 mg 35%

Calcium 300 mg 23%

Iron/ Fer 15 mg 83 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Lassi-Mango

Nutrition Facts

Valeur nutritive

Per 1 cup (250 ml/8.3fl / pour 1 tasse (250 ml/8.3fl

Calories 190

% Daily Value*
% valeur quotidienne*

Fat / Lipides 2.5 g	3%
Saturated / saturés 1.5 g	8%
+ Trans / trans 0 g	

Carbohydrate / Glucides 37 g	
Fibre / Fibres 0 g	0%
Sugars / Sucres 30 g	30%

Protein / Protéines 4 g	
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Cholesterol / Cholestérol 10 mg	3%
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Sodium 85 mg	4%
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Potassium 350 mg	7%
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Calcium 175 mg	13 %
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Iron / Fer 0.4 mg	2%
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* 5% or less is a little, 15% or more is a lot

* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Butter Chicken Roti-Malai Kofta Rice-710g-

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (710 g/25.4oz)

Portion 1 portion (710 g/25.4oz)

Calories 1290	%DailyValue*
	% valeur quotidienne*
Fat/ Lipides 82 g	109 %
Saturated / satures 32 g	168 %
+Trans/ trans 1.5 g	
Carbohydrate / Glucides 119 g	
Fibre / Fibres 8 g	28%
Sugars / Sucres 10 g	10 %
Protein / Proteines 22 g	
Cholesterol / Cholesterol 180 mg	60%
Sodium 3890 mg	169 %
Potassium 750 mg	16 %
Calcium 600 mg	46%
Iron / Fer 4 mg	22%

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Malai Kofta Roti-685g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (685 g/24.5oz)

Portion 1 portion (685 g/24.5oz)

Calories 1540

% Daily Value*

% valeur quotidienne*

Fat/ Lipides 78 g	104 %
Saturated / satures 32 g	167 %
+Trans/ trans 1.5 g	

Carbohydrate / Glucides 179 g

Fibre / Fibres 11 g 39 %

Sugars / Sucres 12 g 12 %

Protein / Proteines 33 g

Cholesterol / Cholesterol 180 mg 60%

Sodium 3480 mg 151 %

Potassium 800 mg 17 %

Calcium 550 mg 42%

Iron / Fer 9.5 mg 53%

*5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,

15% ou plus c'est **beaucoup**

Butter Chicken Roti-Mixed Vegetable Karma Rice-765g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (765 g/27.3oz)

Portion 1 portion (765 g/27.3oz)

Calories 950

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 45 g 60%

Saturated / satures 7 g 34%
+Trans/ trans 0.2 g

Carbohydrate / Glucides 116 g

Fibre / Fibres 14 g 50%

Sugars / Sucres 13 g 13 %

Protein/ Proteines 21 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 780 mg 34%

Potassium 1000 mg 21 %

Calcium 150 mg 12 %

Iron/ Fer 7 mg 39%

*5% or less is a **little**, 15% or more is a **lot**

*5% ou mains c'est **peu**,
15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (740 g/26.402)

Portion 1 portion (740 g/26.402)

Calories 1200

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 41 g 55 %
Saturated / satures 6 g 33 %
+ Trans / trans 0.2 g

Carbohydrate / Glucides 176 g
Fibre / Fibres 17 g 61 %
Sugars / Sucres 15 g 15 %

Protein / Proteines 32 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 390 mg 17 %

Potassium 1100 mg 23 %

Calcium 150 mg 12 %

Iron / Fer 13 mg 72 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Mixed Vegetable Rice-730g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (730 g/26.1oz)

Portion 1 portion (730 g/26.1oz)

Calories 650

% Daily Value*

% valeur quotidienne*

Fat/ Lipides 16 g 22%

Saturated/ satures 1.5 g 8%

+ Trans / trans 0.2 g

Carbohydrate / Glucides 109 g

Fibre / Fibres 14 g 50%

Sugars / Sucres 11 g 11 %

Protein / Proteines 16 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 790 mg 34%

Potassium 850 mg 18 %

Calcium 150 mg 12 %

Iron / Fer 5 mg 28%

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Nutrition Facts**Valeur nutritive**

Serving Size 1 serving (705 g/25.2oz)

Portion 1 portion (705 g/25.2oz)

Calories 900% Daily Value*
% valeur quotidienne*

Fat/ Lipides 13 g	17 %
Saturated / satures 1 g	7%
+Trans/ trans 0 g	

Carbohydrate / Glucides 169 g

Fibre / Fibres 17 g 61 %

Sugars / Sucres 14 g 14 %

Protein / Proteines 27 g**Cholesterol / Cholesterol** 0 mg 0%**Sodium** 400 mg 17 %

Potassium 950 mg 20 %

Calcium 125 mg 10 %

Iron/Fer11 mg 61 %

* 5% or less is **a little**, 15% or more is **a lot*** 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Mutter Paneer Roti-755g

Nutrition Facts
Valeur nutritive

Serving Size 1 serving (755 g/27oz)

Portion 1 portion (755 g/27oz)

Calories 1290 ³/₄DailyValue*
% valeur quotidienne*

Fat/ Lipides 81 g 109 %
Saturated / satures 43 g **224 %**
+Trans/ trans 1.5 g

Carbohydrate / Glucides 95 g
Fibre / Fibres 8 g 30 %
Sugars / Sucres 21 g 21 %

Protein / Proteines 45 g

Cholesterol / Cholesterol 260 mg 87 %

Sodium 800 mg 35 %

Potassium 550 mg 12 %

Calcium 1250 mg 96%

Iron / Fer 5 mg 28 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou mains c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Mutter Paneer Roti-730g

Nutrition Facts
Valeur nutritive

Serving Size 1 serving (730 g/26.1oz)

Portion 1 portion (730 g/26.1oz)

Calories 1540 ³/₄ Daily Value*
% valeur quotidienne*

Fat/ Lipides 77 g 103 %
Saturated / satures 43 g 222 %
+ Trans / trans 1.5 g

Carbohydrate / Glucides 155 g
Fibre / Fibres 12 g 41 %
Sugars / Sucres 24 g 24%

Protein / Proteines 55 g

Cholesterol / Cholesterol 260 mg 87%

Sodium 410 mg 18 %

Potassium 650 mg 14 %

Calcium 1200 mg 92 %

Iron/ Fer 10.5 mg 58 %

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Pani Puri-500g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (500 g/17.9oz)

Portion 1 portion (500 g/17.902)

Calories 90

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 2 g 3%

Saturated / satures 0 g 0%

+ Trans / trans 0 g

Carbohydrate / Glucides 19 g

Fibre / Fibres 5 g 19 %

Sugars / Sucres 0 g 0%

Protein / Proteines 2 g

Cholesterol / Cholesterol 0 mg 0%

Sodium 8340 mg 363 %

Potassium 300 mg 6%

Calcium 125 mg 10 %

Iron / Fer 3.5 mg 19%

* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Papri Chaat – 340g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (340 g/12.1oz)

Portion 1 portion (340 g/12.1oz)

Calories 700

³/₄ Daily Value*
% valeur quotidienne*

Fat/ Lipides 21 g	29%
Saturated / satures 4.5 g	23%
+ Trans / trans 0 g	

Carbohydrate / Glucides 111 g

Fibre / Fibres 17 g	60 %
Sugars / Sucres 8 g	8%

Protein / Proteines 21 g

Cholesterol / Cholesterol 5 mg	2%
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Sodium 630 mg	27%
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Potassium 1100 mg	23%
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Calcium 300 mg	23%
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Iron/ Fer 6.5 mg	36%
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* 5% or less is **a little**, 15% or more is **a lot**

* 5% ou moins c'est **peu**,
15% ou plus c'est **beaucoup**

Butter Chicken Roti-Samosa Chaat-670g

Nutrition Facts

Valeur nutritive

Serving Size 1 serving (670 g/23.9oz)

Portion 1 portion (670 g/23.9oz)

Calories 1590

% Daily Value*
% valeur quotidienne*

Fat/ Lipides 39 g 52 %

Saturated / satures 5 g 28 %

+ Trans / trans 0.5 g

Carbohydrate / Glucides 270 g

Fibre / Fibres 36 g 130 %

Sugars / Sucres 20 g 20%

Protein / Proteines 49 g

Cholesterol / Cholesterol 5 mg 2%

Sodium 420 mg 18 %

Potassium 2300 mg 49%

Calcium 400 mg 31 %

* 5% or less is a little, 15% or more is a lot 31 %

* 5% ou moins c'est peu,

15% ou plus c'est beaucoup

Butter Chicken Roti-Yoghurt-sweet

Nutrition Facts
Valeur nutritive

Serving Size 1 cup (175 g/6.3oz)

Portion 1 tasse (175 g/6.3oz)

Calories 110 % Daily Value*
% valeur quotidienne*

Fat/ Lipides 3.5 g 4%
Saturated / satures 2 g 10 %
+ Trans / trans 0 g

Carbohydrate/ Glucides 14 g

Fibre / Fibres 0 g 0%
Sugars / Sucres 14 g 14 %

Protein / Proteines 5 g

Cholesterol / Cholesterol 15 mg 4%

Sodium 830 mg 36%

Potassium 250 mg 5%

Calcium 200 mg 15 %

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Iron / Fer 0.1 mg 1%