

Nutrition Facts

MURGH MUSSALAM

Serving Size: cup (312g)

Amount Per Serving

Calories 461.5 Calories from Fat 273

% Daily Value*

Total Fat 29.9g **46%**

Saturated Fat 13g **65%**

Trans Fat 0.6g

Polyunsaturated Fat 4.9g

Monounsaturated Fat 10.8g

Cholesterol 119.6mg **40%**

Sodium 326.3mg **14%**

Potassium 793mg **23%**

Total Carbohydrates 18.2g **6%**

Dietary Fiber 2.6g **10%**

Sugars 8.7g

Protein 29.9g

Vitamin A 24.7%

Vitamin C 20.8%

Calcium 12.7%

Iron 20.8%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Mushroom Masala **CORN**

Serving Size: cup (253g)

Amount Per Serving

Calories 171.6 Calories from Fat 92.4

% Daily Value*

Total Fat 10.2g **16%**

Saturated Fat 4.8g **24%**

Trans Fat 0.2g

Polyunsaturated Fat 1.2g

Monounsaturated Fat 3.3g

Cholesterol 22mg **7%**

Sodium 58.3mg **2%**

Potassium 704mg **20%**

Total Carbohydrates 18.7g **6%**

Dietary Fiber 5.2g **21%**

Sugars 7.9g

Protein 5.5g

Vitamin A 19.8%

Vitamin C 26.4%

Calcium 5.3%

Iron 16.5%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Gajar Halwa

Serving Size: cup (228g)

Amount Per Serving

Calories 275

Calories from Fat 121

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 7g **35%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 4.5g

Cholesterol 30mg **10%**

Sodium 103mg **4%**

Potassium 443mg **13%**

Total Carbohydrates 35g **12%**

Dietary Fiber 2.2g **9%**

Sugars 30g

Protein 5.6g

Vitamin A 233%

Vitamin C 6.8%

Calcium 13%

Iron 3.7%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Garlic Naan

Serving Size: piece (90g)

Amount Per Serving

Calories 262

Calories from Fat 46

% Daily Value*

Total Fat 5.1g **8%**

Saturated Fat 1.3g **7%**

Trans Fat 0g

Polyunsaturated Fat 1.9g

Monounsaturated Fat 1.6g

Sodium 419mg **17%**

Potassium 113mg **3%**

Total Carbohydrates 45g **15%**

Dietary Fiber 2g **8%**

Sugars 3.2g

Protein 8.7g

Calcium 5.8%

Iron 16%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Gulab Jamun

Serving Size: piece (50g)

Amount Per Serving

Calories 149

Calories from Fat 66

% Daily Value*

Total Fat 7.3g **11%**

Saturated Fat 1.5g **8%**

Trans Fat 0.1g

Polyunsaturated Fat 3.7g

Monounsaturated Fat 1.8g

Cholesterol 5.5mg **2%**

Sodium 44mg **2%**

Potassium 88mg **3%**

Total Carbohydrates 20g **7%**

Dietary Fiber 0.1g **0%**

Sugars 18g

Protein 1.9g

Vitamin A 3.3%

Vitamin C 0.5%

Calcium 5.6%

Iron 0.6%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: pieces (225g)

**HARA BHARA
KEBAB**

Amount Per Serving

Calories 630

Calories from Fat 364.5

% Daily Value*

Total Fat 40.5g **62%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 22.5mg **8%**

Sodium 1530mg **64%**

Total Carbohydrates 49.5g **17%**

Dietary Fiber 9g **36%**

Sugars 0g

Protein 13.5g

Vitamin A 9%

Vitamin C 18%

Calcium 18%

Iron 5%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Amount Per Serving **JULIE KEBAB**

Calories 250

Calories from Fat 135

	% Daily Value*
Total Fat 15g	23%
Saturated Fat 3.5g	18%
Cholesterol 95mg	32%
Sodium 360mg	15%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 27g	
Vitamin A	0%
Vitamin C	4%
Calcium	20%
Iron	1.8%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: ounces (255.6g)

Amount Per Serving **KADAI CHCKEN**

Calories 306

Calories from Fat 145.8

% Daily Value*

Total Fat 16.2g **25%**

Saturated Fat 3.6g **18%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 288mg **12%**

Potassium 720mg **21%**

Total Carbohydrates 12.6g **4%**

Dietary Fiber 3.6g **14%**

Sugars 5.4g

Protein 27g

Vitamin A 14.4%


Vitamin C 63%

Calcium 7.2%

Iron 2.5%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: 

1

KEEMA MATAR

Amount Per Serving

Calories 295

Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 4.4g **22%**

Sodium 560mg **23%**

Total Carbohydrates 22g **7%**

Dietary Fiber 7g **28%**

Sugars 5.6g

Protein 13g

Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Keema Naan

Serving Size: Naan (137g)

Amount Per Serving

Calories 369

Calories from Fat 114

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 3.5g **18%**

Trans Fat 0.1g

Polyunsaturated Fat 3g

Monounsaturated Fat 5.4g

Cholesterol 25mg **8%**

Sodium 831mg **35%**

Potassium 291mg **8%**

Total Carbohydrates 48g **16%**

Dietary Fiber 2.7g **11%**

Sugars 4.5g

Protein 16g

Vitamin A 3.3%

Vitamin C 20%

Calcium 7.2%

Iron 22%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Kulfi

Serving Size: bar (73g)

Amount Per Serving

Calories 184

Calories from Fat 68

% Daily Value*

Total Fat 7.6g **12%**

Saturated Fat 5.3g **27%**

Trans Fat 0g

Polyunsaturated Fat 0.3g

Monounsaturated Fat 1.5g

Cholesterol 17mg **6%**

Sodium 104mg **4%**

Potassium 195mg **6%**

Total Carbohydrates 25g **8%**

Dietary Fiber 0.2g **1%**

Sugars 22g

Protein 4.8g

Vitamin A 3%

Vitamin C 2.1%

Calcium 12%

Iron 2.2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: g portion (360g)

Amount Per Serving **LAMB BIRYANI**

Calories 481

Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 6.5g **33%**

Sodium 792mg **33%**

Total Carbohydrates 66g **22%**

Dietary Fiber 8.3g **33%**

Sugars 6.1g

Protein 19g

Iron **0%**

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Lamb Chop

Serving Size:  chop (324g)

Amount Per Serving

Calories 990

Calories from Fat 618

% Daily Value*

Total Fat 66g **102%**

Saturated Fat 34.8g **174%**

Trans Fat 4.7g

Polyunsaturated Fat 4g

Monounsaturated Fat 27.6g

Cholesterol 294mg **98%**

Sodium 258mg **11%**

Potassium 948mg **27%**

Total Carbohydrates 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 90g

Vitamin A 0.7%

Vitamin C 0%

Calcium 2.8%

Iron 40.2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Lamb Curry

Serving Size: cups (503g)

Amount Per Serving

Calories 762

Calories from Fat 501

% Daily Value*

Total Fat 56g **86%**

Saturated Fat 18g **90%**

Trans Fat 0.4g

Polyunsaturated Fat 13g

Monounsaturated Fat 20g

Cholesterol 181mg **60%**

Sodium 152mg **6%**

Potassium 901mg **26%**

Total Carbohydrates 16g **5%**

Dietary Fiber 3.2g **13%**

Sugars 4.4g

Protein 48g

Vitamin A 22%

Vitamin C 17%

Calcium 6.7%

Iron 33%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Lamb Rogan Josh

Serving Size: cup (236g)

Amount Per Serving

Calories 223

Calories from Fat 114

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 2.6g **13%**

Trans Fat 0g

Polyunsaturated Fat 2.6g

Monounsaturated Fat 6.7g

Cholesterol 51mg **17%**

Sodium 85mg **4%**

Potassium 591mg **17%**

Total Carbohydrates 11g **4%**

Dietary Fiber 2.5g **10%**

Sugars 5.7g

Protein 17g

Vitamin A 9.5%

Vitamin C 15%

Calcium 5.7%

Iron 16%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size:  container (269g)

Amount Per Serving **LAMB VINDALOO**

Calories 390 **Calories from Fat** 144

% Daily Value*

Total Fat 16g **25%**

 Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 490mg **20%**

Total Carbohydrates 39g **13%**

 Dietary Fiber 5g **20%**

 Sugars 5g

Protein 21g

Vitamin A 8%

Vitamin C 15%

Calcium 4%

Iron 2.7%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size:  pack (284g)

Amount Per Serving **MALAI KOFTA**

Calories 620

Calories from Fat 450

% Daily Value*

Total Fat 50g **77%**

Saturated Fat 18g **90%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 1160mg **48%**

Total Carbohydrates 32g **11%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 10g

Vitamin A 20%

Vitamin C 12%

Calcium 30%

Iron 2.2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: tbsp (217.3g)

Amount Per Serving **MALAI TIKKA**

Calories 543.3

Calories from Fat 195.6

	% Daily Value*
Total Fat 21.7g	33%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 20864mg	869%
Total Carbohydrates 86.9g	29%
Dietary Fiber 21.7g	87%
Sugars 0g	
Protein 43.5g	
Vitamin A	0%
Vitamin C	0%
Calcium	173.9%
Iron	30.4%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: oz **MANGO CHICKEN**

Amount Per Serving**Calories** 360

Calories from Fat 135

% Daily Value***Total Fat** 15g **23%**Saturated Fat 2g **10%***Trans* Fat 0g**Cholesterol** 80mg **27%****Sodium** 600mg **25%****Total Carbohydrates** 40g **13%**Dietary Fiber 0g **0%**

Sugars 18g

Protein 16g

Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Mango Chutney

Serving Size: tbsp (17g)

Amount Per Serving

Calories 33

Calories from Fat 0.9

% Daily Value*

Total Fat 0.1g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0.1g

Cholesterol 0mg **0%**

Sodium 7.2mg **0%**

Potassium 27mg **1%**

Total Carbohydrates 8.3g **3%**

Dietary Fiber 0.2g **1%**

Sugars 7.9g

Protein 0.1g

Vitamin A 1.5%

Vitamin C 4.2%

Calcium 0.4%

Iron 0.4%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Naan

Serving Size: piece (90g)

Amount Per Serving

Calories 262

Calories from Fat 46

% Daily Value*

Total Fat 5.1g **8%**

Saturated Fat 1.3g **7%**

Trans Fat 0g

Polyunsaturated Fat 1.9g

Monounsaturated Fat 1.6g

Sodium 419mg **17%**

Potassium 113mg **3%**

Total Carbohydrates 45g **15%**

Dietary Fiber 2g **8%**

Sugars 3.2g

Protein 8.7g

Calcium 5.8%

Iron 16%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

MUTTON RARA

Serving Size: cups (276.7g)

Amount Per Serving

Calories 419.1

Calories from Fat 275.6

% Daily Value*

Total Fat 30.8g **47%**

Saturated Fat 9.9g **50%**

Trans Fat 0.2g

Polyunsaturated Fat 7.2g

Monounsaturated Fat 11g

Cholesterol 99.6mg **33%**

Sodium 83.6mg **3%**

Potassium 495.6mg **14%**

Total Carbohydrates 8.8g **3%**

Dietary Fiber 1.8g **7%**

Sugars 2.4g

Protein 26.4g

Vitamin A 12.1%

Vitamin C 9.4%

Calcium 3.7%

Iron 18.2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Onion Bhaji

Serving Size: piece (210g)

Amount Per Serving

Calories 575

Calories from Fat 375

% Daily Value*

Total Fat 42g **65%**

Saturated Fat 6.5g **33%**

Trans Fat 0.9g

Polyunsaturated Fat 22.5g

Monounsaturated Fat 10g

Cholesterol 16.5mg **6%**

Sodium 28mg **1%**

Potassium 535mg **15%**

Total Carbohydrates 43g **14%**

Dietary Fiber 6g **24%**

Sugars 8.5g

Protein 9.5g

Vitamin A 10.5%

Vitamin C 40.5%

Calcium 4.6%

Iron 17%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: oz **ONION SALAD**

Amount Per Serving

Calories 10 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrates 2g **1%**

Dietary Fiber 0g **0%**

Sugars 1g

Protein 0g

Iron **0%**

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: PALAK PANEER

◆ tray (283g)

Amount Per Serving

Calories **340**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 660mg **28%**

Total Carbohydrates 45g **15%**

Dietary Fiber 7g **28%**

Sugars 5g

Includes 0g Added Sugars **0%**

Protein 14g

Vitamin D 0mcg **0%**

Calcium 13mg **1%**

Iron 3.7mg **21%**

Potassium 620mg **13%**

*The % Daily Value (DV) 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.

INGREDIENTS: ORGANIC BASMATI RICE, ORGANIC SPINACH, ORGANIC ONIONS, FILTERED WATER, ORGANIC KIDNEY BEANS, PANEER CHEESE (PASTEURIZED MILK, DISTILLED VINEGAR AND/OR LACTIC ACID), EXPPELLER PRESSED HIGH OLEIC SAFFLOWER AND/OR SUNFLOWER OIL, ORGANIC TOMATO PUREE, ORGANIC GARLIC, ORGANIC GINGER PUREE (ORGANIC GINGER, FILTERED WATER), SEA SALT, SPICES, TURMERIC, ORGANIC JALAPENO PEPPERS, ORGANIC CORNSTARCH, ORGANIC BLACK PEPPER.

Nutrition Facts

Paneer Tikka

Serving Size: cup (297g)

Amount Per Serving

Calories 301.5

Calories from Fat 219

% Daily Value*

Total Fat 24g **37%**

Saturated Fat 12.9g **64%**

Trans Fat 0.8g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 7.1g

Cholesterol 61.5mg **21%**

Sodium 754.5mg **31%**

Potassium 436.5mg **12%**

Total Carbohydrates 10.4g **3%**

Dietary Fiber 2.3g **9%**

Sugars 5.6g

Protein 12.3g

Vitamin A 37.5%

Vitamin C 39%

Calcium 25.5%

Iron 7.4%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Papadams

Serving Size: piece (9g)

Amount Per Serving

Calories 29

Calories from Fat 9.7

% Daily Value*

Total Fat 1.1g **2%**

Saturated Fat 0.1g **1%**

Trans Fat 0g

Polyunsaturated Fat 0.6g

Monounsaturated Fat 0.3g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Potassium 53mg **2%**

Total Carbohydrates 3.4g **1%**

Dietary Fiber 0.7g **3%**

Sugars 0.6g

Protein 1.3g

Vitamin A 1.4%

Vitamin C 0.3%

Calcium 0.3%

Iron 1.9%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Parata

Serving Size: piece (79g)

Amount Per Serving

Calories 258

Calories from Fat 94

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 4.6g **23%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 3g

Cholesterol 0.8mg **0%**

Sodium 357mg **15%**

Potassium 110mg **3%**

Total Carbohydrates 36g **12%**

Dietary Fiber 7.6g **30%**

Sugars 3.3g

Protein 5g

Vitamin A 0.1%

Vitamin C 0%

Calcium 1.5%

Iron 7.1%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: pack **PRAWN MASALA**

Amount Per Serving

Calories 474

Calories from Fat 99

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 6.4g **32%**

Sodium 720mg **30%**

Total Carbohydrates 76g **25%**

Dietary Fiber 6g **24%**

Sugars 8g

Protein 14g

Iron **0%**

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Saag Chicken

Serving Size:

serving (about 2 cups) (501g)

Amount Per Serving

Calories 526

Calories from Fat 316

% Daily Value*

Total Fat 35g **54%**

Saturated Fat 9.8g **49%**

Trans Fat 0.4g

Polyunsaturated Fat 5.8g

Monounsaturated Fat 16g

Cholesterol 117mg **39%**

Sodium 855mg **36%**

Potassium 1591mg **45%**

Total Carbohydrates 19g **6%**

Dietary Fiber 7.3g **29%**

Sugars 6.2g

Protein 37g

Vitamin A 357%

Vitamin C 113%

Calcium 22%

Iron 41%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Salad Mix

Serving Size: serving (85g)

Amount Per Serving

Calories 20

Calories from Fat 1.8

% Daily Value*

Total Fat 0.2g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0.1g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 31mg **1%**

Potassium 241mg **7%**

Total Carbohydrates 4.2g **1%**

Dietary Fiber 1.7g **7%**

Sugars 1.8g

Protein 1.2g

Vitamin A 124%

Vitamin C 25%

Calcium 2.9%

Iron 4.8%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Samosa

Serving Size: samosa (300g)

Amount Per Serving

Calories 783

Calories from Fat 465

% Daily Value*

Total Fat 51g **78%**

Saturated Fat 21.3g **107%**

Trans Fat 1.8g

Polyunsaturated Fat 14.4g

Monounsaturated Fat 12.6g

Cholesterol 81mg **27%**

Sodium 1269mg **53%**

Potassium 567mg **16%**

Total Carbohydrates 72g **24%**

Dietary Fiber 6.3g **25%**

Sugars 4.8g

Protein 10.5g

Vitamin A 75%

Vitamin C 51%

Calcium 3.9%

Iron 12%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Shahi Paneer

Serving Size: cup (242g)

Amount Per Serving

Calories 310

Calories from Fat 221

% Daily Value*

Total Fat 25g **38%**

Saturated Fat 11g **55%**

Trans Fat 0.7g

Polyunsaturated Fat 2.1g

Monounsaturated Fat 9.3g

Cholesterol 52mg **17%**

Sodium 555mg **23%**

Potassium 444mg **13%**

Total Carbohydrates 12g **4%**

Dietary Fiber 2.4g **10%**

Sugars 7.2g

Protein 12g

Vitamin A 34%

Vitamin C 32%

Calcium 26%

Iron 6.6%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Shami Kabab

Serving Size: piece (80g)

Amount Per Serving

Calories 194

Calories from Fat 133

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 3.5g **18%**

Trans Fat 0.2g

Polyunsaturated Fat 5.5g

Monounsaturated Fat 4.8g

Cholesterol 52mg **17%**

Sodium 121mg **5%**

Potassium 192mg **5%**

Total Carbohydrates 5.2g **2%**

Dietary Fiber 1.2g **5%**

Sugars 1.4g

Protein 10g

Vitamin A 3.3%

Vitamin C 8.2%

Calcium 1.9%

Iron 6.2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: pack **SEEKH KEBAB**

Amount Per Serving

Calories 400 Calories from Fat 262

% Daily Value*

Total Fat 30g **46%**

Saturated Fat 15.4g **77%**

Sodium 960mg **40%**

Total Carbohydrates 5.4g **2%**

Dietary Fiber 0g **0%**

Sugars 5.4g

Protein 30g

Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Aloo Naan

Serving Size: piece (131g)

Amount Per Serving

Calories 300

Calories from Fat 96

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 4.6g **23%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 3.1g

Cholesterol 0.8mg **0%**

Sodium 370mg **15%**

Potassium 316mg **9%**

Total Carbohydrates 46g **15%**

Dietary Fiber 8.7g **35%**

Sugars 4.2g

Protein 6.1g

Vitamin A 5%

Vitamin C 54%

Calcium 2.1%

Iron 10%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Tandoori Aloo

Serving Size: cup (242g)

Amount Per Serving

Calories 458

Calories from Fat 298

% Daily Value*

Total Fat 34g **52%**

Saturated Fat 8.2g **41%**

Trans Fat 0.4g

Polyunsaturated Fat 4.4g

Monounsaturated Fat 18.6g

Cholesterol 34mg **11%**

Sodium 170mg **7%**

Potassium 890mg **25%**

Total Carbohydrates 36g **12%**

Dietary Fiber 4.8g **19%**

Sugars 5.2g

Protein 7g

Vitamin A 24%

Vitamin C 22%

Calcium 10.6%

Iron 16%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Tandoori Chicken

Serving Size: piece (250g)

Amount Per Serving

Calories 328.8

Calories from Fat 137.5

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 5.3g **26%**

Trans Fat 0.1g

Polyunsaturated Fat 2.8g

Monounsaturated Fat 6g

Cholesterol 168.8mg **56%**

Sodium 165mg **7%**

Potassium 535mg **15%**

Total Carbohydrates 7.6g **3%**

Dietary Fiber 0.9g **4%**

Sugars 4.6g

Protein 38.8g

Vitamin A 7.5%

Vitamin C 8%

Calcium 10.1%

Iron 10.8%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

**TANDOORI
ROTI**

Serving Size: piece (58g)

Amount Per Serving

Calories 165

Calories from Fat 9

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 458mg **19%**

Total Carbohydrates 32g **11%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 6g

Vitamin A **0%**

Vitamin C **0%**

Calcium **8%**

Iron **1.8%**

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Tandoori Shrimp

Serving Size: cup (243.6g)

Amount Per Serving

Calories 220.8

Calories from Fat 46.8

% Daily Value*

Total Fat 5.2g **8%**

Saturated Fat 2.4g **12%**

Trans Fat 0g

Polyunsaturated Fat 0.9g

Monounsaturated Fat 1.3g

Cholesterol 285.6mg **95%**

Sodium 1279.2mg **53%**

Potassium 420mg **12%**

Total Carbohydrates 9.4g **3%**

Dietary Fiber 0.8g **3%**

Sugars 4.7g

Protein 33.6g

Vitamin A 14.4%

Vitamin C 7%

Calcium 18%

Iron 5.3%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Veg Pulao

Serving Size: cup (244g)

Amount Per Serving

Calories 281

Calories from Fat 40

% Daily Value*

Total Fat 4.4g **7%**

Saturated Fat 0.4g **2%**

Trans Fat 0.1g

Polyunsaturated Fat 2.7g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 1014mg **42%**

Potassium 204mg **6%**

Total Carbohydrates 54g **18%**

Dietary Fiber 1g **4%**

Sugars 1.9g

Protein 5.4g

Vitamin A 12%

Vitamin C 41%

Calcium 1%

Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Vegetable Raita

Serving Size: Serving (236g)

Amount Per Serving

Calories 92

Calories from Fat 27

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1.8g **9%**

Trans Fat 0g

Polyunsaturated Fat 0.2g

Monounsaturated Fat 0.8g

Cholesterol 11mg **4%**

Sodium 825mg **34%**

Potassium 388mg **11%**

Total Carbohydrates 14g **5%**

Dietary Fiber 1.8g **7%**

Sugars 8.2g

Protein 4.3g

Vitamin A 59%

Vitamin C 55%

Calcium 10%

Iron 4.5%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: **FISH CURRY**

Amount Per Serving

Calories 384

Calories from Fat 105

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 4.8g **24%**

Sodium 600mg **25%**

Total Carbohydrates 48g **16%**

Dietary Fiber 2.7g **11%**

Sugars 3.8g

Protein 20g

Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: serving **FISH TANDOORI**

Amount Per Serving

Calories 470

Calories from Fat 207

% Daily Value*

Total Fat 23g **35%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 1650mg **69%**

Total Carbohydrates 48g **16%**

Dietary Fiber 3g **12%**

Sugars 11g

Protein 22g

Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Aloo Gobi

Serving Size: cup (155g)

Amount Per Serving

Calories 111

Calories from Fat 49

% Daily Value*

Total Fat 5.5g **8%**

Saturated Fat 0.9g **5%**

Trans Fat 0g

Polyunsaturated Fat 1.7g

Monounsaturated Fat 2.5g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Potassium 390mg **11%**

Total Carbohydrates 15g **5%**

Dietary Fiber 2.8g **11%**

Sugars 1.7g

Protein 2.5g

Vitamin A 1%

Vitamin C 46%

Calcium 2.1%

Iron 6.9%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: g (250g) **ALOO MATAR**

Amount Per Serving

Calories 303.6 Calories from Fat 160.7

% Daily Value*

Total Fat 17.9g **27%**

Saturated Fat 5.4g **27%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 910.7mg **38%**

Total Carbohydrates 28.6g **10%**

Dietary Fiber 3.6g **14%**

Sugars 0g

Protein 7.1g

Vitamin A 44.6%

Vitamin C 0%

Calcium 7.1%

Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size:

PLAIN RICE

1 package (283g)

Amount Per Serving

Calories

370

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 690mg **29%**

Total Carbohydrates 54g **18%**

Dietary Fiber 2g **8%**

Sugars 2g

Includes 0g Added Sugars **0%**

Protein 18g

Vitamin D 0mcg **0%**

Calcium 6.5mg **1%**

Iron 2mg **11%**

Potassium 265mg **6%**

*The % Daily Value (DV) 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.

INGREDIENTS: Basmati Rice (Water, Basmati Rice, Expeller Pressed Canola Oil, Garlic, Ginger, Turmeric), Chicken (Boneless Chicken, Nonfat Yogurt [Cultured Nonfat Milk, Pectin], Expeller Pressed Canola Oil, Garlic, Ginger, Sea Salt, Spices), Biryani Sauce (Onions, Yogurt [Cultured Nonfat Milk, Pectin], Tomato Puree [Tomato, Citric Acid], Chicken Stock, Expeller Pressed Canola Oil, Ginger, Garlic, Unsalted Butter, Spices, Sea Salt, Turmeric), Caramelized Onions (Onions, Expeller Pressed Canola Oil), Fresh Mint. Gluten free.

Nutrition Facts

Butter Chicken

Serving Size: cup (240g)

Amount Per Serving

Calories 355

Calories from Fat 210

% Daily Value*

Total Fat 23g **35%**

Saturated Fat 10g **50%**

Trans Fat 0.5g

Polyunsaturated Fat 3.8g

Monounsaturated Fat 8.3g

Cholesterol 92mg **31%**

Sodium 251mg **10%**

Potassium 610mg **17%**

Total Carbohydrates 14g **5%**

Dietary Fiber 2g **8%**

Sugars 6.7g

Protein 23g

Vitamin A 19%

Vitamin C 16%

Calcium 9.8%

Iron 16%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Butter Naan

Serving Size: piece (97g)

Amount Per Serving

Calories 313

Calories from Fat 98

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 4.9g **25%**

Trans Fat 0.3g

Polyunsaturated Fat 2.1g

Monounsaturated Fat 3.1g

Cholesterol 15mg **5%**

Sodium 464mg **19%**

Potassium 114mg **3%**

Total Carbohydrates 45g **15%**

Dietary Fiber 2g **8%**

Sugars 3.2g

Protein 8.7g

Vitamin A 3.5%

Vitamin C 0%


Calcium 5.9%

Iron 16%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Chana Masala

Serving Size:  cup (292.5g)

Amount Per Serving

Calories 421.5

Calories from Fat 222

% Daily Value*

Total Fat 24g **37%**

Saturated Fat 3.2g **16%**

Trans Fat 0g

Polyunsaturated Fat 3.6g

Monounsaturated Fat 15g

Cholesterol 0mg **0%**

Sodium 360mg **15%**

Potassium 568.5mg **16%**

Total Carbohydrates 43.5g **14%**

Dietary Fiber 11.4g **46%**

Sugars 10.4g

Protein 11.6g

Vitamin A 24%

Vitamin C 76.5%

Calcium 8.6%

Iron 18%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: CHICKEN BIRYANI

◆ package (283g)

Amount Per Serving

Calories **370**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 690mg **29%**

Total Carbohydrates 54g **18%**

Dietary Fiber 2g **8%**

Sugars 2g

Includes 0g Added Sugars **0%**

Protein 18g

Vitamin D 0mcg **0%**

Calcium 6.5mg **1%**

Iron 2mg **11%**

Potassium 265mg **6%**

*The % Daily Value (DV) 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.

INGREDIENTS: Basmati Rice (Water, Basmati Rice, Expeller Pressed Canola Oil, Garlic, Ginger, Turmeric), Chicken (Boneless Chicken, Nonfat Yogurt [Cultured Nonfat Milk, Pectin], Expeller Pressed Canola Oil, Garlic, Ginger, Sea Salt, Spices), Biryani Sauce (Onions, Yogurt [Cultured Nonfat Milk, Pectin], Tomato Puree [Tomato, Citric Acid], Chicken Stock, Expeller Pressed Canola Oil, Ginger, Garlic, Unsalted Butter, Spices, Sea Salt, Turmeric), Caramelized Onions (Onions, Expeller Pressed Canola Oil), Fresh Mint. Gluten free.

Nutrition Facts

Chicken Curry

Serving Size: cup (235g)

Amount Per Serving

Calories 243

Calories from Fat 98

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0.2g

Polyunsaturated Fat 5.5g

Monounsaturated Fat 2.9g

Cholesterol 74mg **25%**

Sodium 73mg **3%**

Potassium 374mg **11%**

Total Carbohydrates 7.5g **3%**

Dietary Fiber 1.5g **6%**

Sugars 2g

Protein 28g

Vitamin A 11%

Vitamin C 8.1%

Calcium 3%

Iron 11%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: oz (142g) **CHICKEN
KALIMIRCH**

Amount Per Serving

Calories 230 **Calories from Fat** 126

	% Daily Value*
Total Fat 14g	22%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 330mg	14%
Total Carbohydrates 14g	5%
Protein 13g	
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Chicken Korma

Serving Size:

serving (about 2 cups) (319g)

Amount Per Serving

Calories 461

Calories from Fat 296

% Daily Value*

Total Fat 33g **51%**

Saturated Fat 11g **55%**

Trans Fat 0.7g

Polyunsaturated Fat 9.7g

Monounsaturated Fat 9.9g

Cholesterol 106mg **35%**

Sodium 515mg **21%**

Potassium 532mg **15%**

Total Carbohydrates 15g **5%**

Dietary Fiber 2.3g **9%**

Sugars 5.9g

Protein 28g

Vitamin A 17%

Vitamin C 9.9%

Calcium 9%

Iron 17%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: pack (260g) **CHICKEN
MADRAS**

Amount Per Serving

Calories 322.4 Calories from Fat 157.3

% Daily Value*

Total Fat 16.9g **26%**

Saturated Fat 7.3g **36%**

Sodium 520mg **22%**

Total Carbohydrates 14.3g **5%**

Dietary Fiber 5.5g **22%**

Sugars 10.4g

Protein 24.7g

Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Chicken Roll

Serving Size: roll (259.2g)

Amount Per Serving

Calories 502.8

Calories from Fat 204

% Daily Value*

Total Fat 22.8g **35%**

Saturated Fat 5.4g **27%**

Trans Fat 0.3g

Polyunsaturated Fat 4.7g

Monounsaturated Fat 10.8g

Cholesterol 92.4mg **31%**

Sodium 864.6mg **36%**

Potassium 354mg **10%**

Total Carbohydrates 54g **18%**

Dietary Fiber 3.7g **15%**

Sugars 5.3g

Protein 20.4g

Vitamin A 12.6%

Vitamin C 19.2%

Calcium 17.4%

Iron 22.2%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Chicken Tikka Masala

Serving Size: cups (472g)

Amount Per Serving

Calories 730

Calories from Fat 430

% Daily Value*

Total Fat 48g **74%**

Saturated Fat 28g **140%**

Trans Fat 1.4g

Polyunsaturated Fat 3.4g

Monounsaturated Fat 13g

Cholesterol 251mg **84%**

Sodium 2601mg **108%**

Potassium 1190mg **34%**

Total Carbohydrates 22g **7%**

Dietary Fiber 4.3g **17%**

Sugars 14g

Protein 56g

Vitamin A **77%**

Vitamin C **30%**

Calcium **26%**

Iron **32%**

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Chicken Tikka

Serving Size: cup (253g)

Amount Per Serving

Calories 291

Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 3g **15%**

Trans Fat 0.1g

Polyunsaturated Fat 4.2g

Monounsaturated Fat 3.8g

Cholesterol 82mg **27%**

Sodium 268mg **11%**

Potassium 503mg **14%**

Total Carbohydrates 11g **4%**

Dietary Fiber 2.2g **9%**

Sugars 5.5g

Protein 33g

Vitamin A 23%

Vitamin C 66%

Calcium 8.3%

Iron 11%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

CHICKEN

Serving Size: serving (1g) **VINDALOO**

Amount Per Serving

Calories 950

Calories from Fat 243

% Daily Value*

Total Fat 27g **42%**

Saturated Fat 2.5g **13%**

Sodium 1480mg **62%**

Total Carbohydrates 117g **39%**

Dietary Fiber 10g **40%**

Sugars 18g

Protein 59g

Iron **0%**

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Cucumber Salad

Serving Size: cup (168g)

Amount Per Serving

Calories 49

Calories from Fat 1.2

% Daily Value*

Total Fat 0.1g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 341mg **14%**

Potassium 171mg **5%**

Total Carbohydrates 11g **4%**

Dietary Fiber 0.6g **2%**

Sugars 9.1g

Protein 0.8g

Vitamin A 2.4%

Vitamin C 5.4%

Calcium 1.6%

Iron 1.9%

* Percent Daily Values are based on a 2000 calorie diet.

Nutritional Info

DAAL GHOST

Carbs	35.7 g	Sodium	64.6 mg
Dietary Fiber	9.7 g	Potassium	--
Sugars	9.2 g	Cholesterol	--
Fat	15.2 g	Vitamin A	--
Saturated	2.2 g	Vitamin C	--
Polyunsaturated	--	Calcium	--
Monounsaturated	--	Iron	--
Trans	--	Percentages are based on a diet of 2000 calories a day.	
Protein	28.9 g		

Nutrition Facts

DAAL

Serving Size: g portion (250g) **KARISHMA**

Amount Per Serving

Calories 326

Calories from Fat 110

% Daily Value*

Total Fat 12.2g **19%**

Saturated Fat 2.8g **14%**

Sodium 728mg **30%**

Total Carbohydrates 32g **11%**

Dietary Fiber 9.8g **39%**

Sugars 3.8g

Protein 17g

Iron **0%**

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Facts

Serving Size: cup (140g) **DAAL TARKA**

Amount Per Serving

Calories 500 Calories from Fat 18

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Sodium 0mg **0%**

Total Carbohydrates 88g **29%**

Sugars 4g

Protein 32g

Iron **0%**

* Percent Daily Values are based on a 2000 calorie diet.