

Fluffy Naan bread - Traditional North Indian style bread

Serving Size

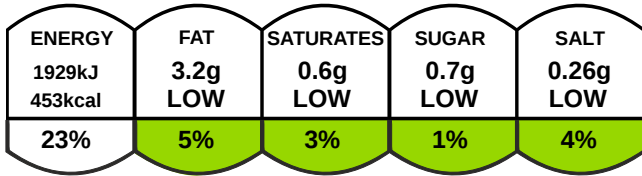
Serving size	177g
Pack Size	
Pack size	708.0g
Number of servings	4

Nutrients

	per 100g	per 177 g serving
Energy	1089.5kJ	1928.5kJ
Energy	255.8kcal	452.7kcal
Fat	1.8g	3.2g
of which saturates	0.4g	0.6g
Carbohydrate	54.3g	96.0g
of which sugars	0.4g	0.7g
Added Sugar	0.0g	0.0g
Protein	6.5g	11.5g
Salt	0.15g	0.26g
Vitamin K	1.5µg	2.6µg

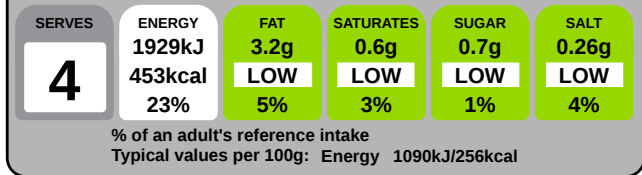
Graphics

per serving (177g)



of your reference intake
Typical values per 100g: Energy 1090kJ/256kcal

per portion (177g)



Nutrition Facts	Amount / serving	% DV	Amount / serving	% DV
	Total Fat 3g	4%	Total Carb. 101g	37%
4 servings per container	Sat. Fat 0.5g	3%	Fiber 5g	18%
Serving size 6oz (177g)	Trans Fat 0g		Total Sugars <1g	
Calories per serving 450	Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 105mg	5%	Protein 11g	
	Vitamin D 0% • Calcium 10 • Iron 15% • Potassium 4%			

Nutrition Facts Servings: 4, Serv. size: 6oz (177g),

Amount per serving: **Calories 450**, Total Fat 3g (4% DV), Sat. Fat 0.5g (3% DV), Trans Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 105mg (5% DV), **Total Carb.** 101g (37% DV), Fiber 5g (18% DV), Total Sugars <1g (Incl. 0g Added Sugars, 0% DV), **Protein** 11g, Vit. D (0% DV), Calcium (10% DV), Iron (15% DV), Potas. (4% DV).

Ingredients and Allergens

wheat Flour, Water, Rapeseed Oil, Yeast, Salt.

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

62%	109.8g	Flour, wheat, white, plain, soft
36.6%	64.8g	Water, tap, drinking
0.744%	1.32g	Oil, rapeseed
0.496%	0.878g	Yeast, bakers, compressed
0.124%	0.22g	Salt