

Fluffy Naan bread - Traditional North Indian style bread

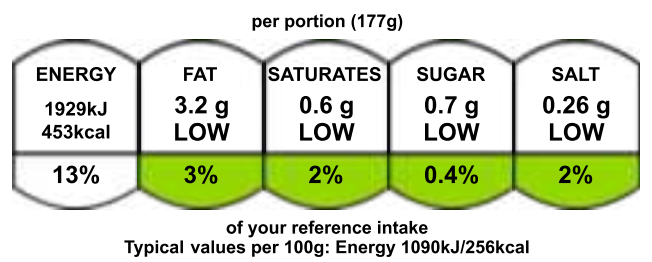
Serving Size

Serving size	177g
Number of servings	802.26

Container Size

Container size	708.0g
Number of servings	4

Graphics



Ingredients and Allergens

Wheat Flour (**Gluten, Wheat**), 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

Nutrients

	per 100g	per 177 g serving
Energy	1089.55kJ	1928.50kJ
Calories	255.78kcal	452.74kcal
Protein	6.47g	11.46g
Total Carbohydrate	0.00g	0.00g
Available Carbohydrate	54.26g	96.05g
Sugars	0.40g	0.71g
Starch	51.41g	91.00g
Added Sugar	0.00g	0.00g
Total Fat	1.83g	3.24g
Saturated Fat	0.37g	0.65g
Monounsaturated Fats	0.66g	1.17g
Polyunsaturated Fats	0.42g	0.74g
Trans Fat	trace	trace
Dietary Fiber	2.82g	4.99g
Soluble Fiber	0.00g	0.00g
Insoluble Fiber	0.00g	0.00g
Sodium	58.51mg	103.57mg
Salt	0.15g	0.26g
Cholesterol	0.00mg	0.00mg
Vitamin A	trace	trace
Vitamin A RAE	trace	trace
Carotene	trace	trace
Alpha Carotene	0.00µg	0.00µg
Beta Carotene	0.00µg	0.00µg
Retinol	0.00µg	0.00µg
Beta Cryptoxanthin	0.00µg	0.00µg
Thiamin	0.20mg	0.36mg
Riboflavin	0.04mg	0.08mg
Niacin	2.68mg	4.74mg
Pantothenic Acid	0.33mg	0.58mg
Vitamin B6	0.13mg	0.23mg
Folic Acid	0.00µg	0.00µg
Dietary Folate	0.00µg	0.00µg
Equivalents		
Food Folate	0.00µg	0.00µg
Folate	18.31µg	32.41µg
Vitamin B12	trace	trace
Vitamin C	trace	trace
Vitamin D	0.00IU	0.00IU
Vitamin D MCG	0.00µg	0.00µg
Vitamin E	0.60mg	1.07mg
Biotin	1.61µg	2.84µg
Vitamin K	1.49µg	2.63µg
Calcium	69.01mg	122.14mg
Chloride	185.18mg	327.77mg
Choline	0.00µg	0.00µg
Copper	0.11mg	0.20mg
Iodine	0.06µg	0.11µg
Iron	1.40mg	2.47mg
Magnesium	16.64mg	29.45mg
Manganese	0.49mg	0.87mg
Nitrogen	1.14g	2.01g
Phosphorus	82.48mg	145.99mg
Potassium	126.80mg	224.66mg

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Selenium	2.11µg	3.74µg
Tryptophan/60	1.42mg	2.51mg
Zinc	0.51mg	0.90mg
Ash	0.00g	0.00g
Lutein Zeaxanthin	0.00µg	0.00µg
Lycopene	0.00µg	0.00µg
Water	0.00g	0.00g
Ethanol	0.00g	0.00g

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