Fluffy Naan

Traditional North Indian style bread.

SERVING SIZE	PACK SIZE	SERVINGS PER PACK
177 g	**710 g**	**4**

FRONT OF PACK (UK/EU)

Per portion

ENERGY	FAT	SATURATES	SUGAR	SALT
1929kJ 453kcal	3.2 g LOW	0.7 g LOW	0.7 g LOW	0.26 g LOW
23%	5%	3%	1%	4%

of an adult's reference intake

Typical values (as sold) per 100g: Energy 1090kJ / 256kcal

BACK OF PACK (UK)

Typical values	per 100g	per 177g serving
Energy	1090kJ	1929kJ
	256kcal	453kcal
Fat	1.8g	3.2g
of which saturates	0.4g	0.7g
Carbohydrate	54g	96g
of which sugars	<0.5g	0.7g
Protein	6.5g	11g
Salt	0.15g	0.26g

Ingredients and allergens

Wheat Flour (**Gluten, Wheat**), Water, Rapeseed Oil, Yeast, Salt.

CONTAINS **Gluten**, **Wheat**

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

Recipe breakdown per 177 g serving

62%	110g	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

Full nutrient profile

	PER 100G	PER 177G
Energy	1089.55 kJ	1928.50 kJ
Energy	255.78 kcal	452.74 kcal
Fat	1.83 g	3.24 g
of which saturates	0.37 g	0.65 g
Monounsaturated Fats	0.66 g	1.17 g
Polyunsaturated Fats	0.42 g	0.74 g
Trans Fatty Acids	trace	trace
Carbohydrate	54.26 g	96.05 g
of which sugars	0.40 g	0.71 g
of which starch	51.41 g	91.00 g
Fibre	2.82 g	4.99 g
Protein	6.47 g	11.46 g
Salt	0.15 g	0.26 g
Sodium	58.51 mg	103.57 mg
Vitamin A IU	trace	trace
Vitamin A RAE	trace	trace
Carotene	trace	trace
Alpha Carotene	0.00 µg	0.00 µg
Beta Carotene	0.00 µg	0.00 µg
Retinol	0.00 µg	0.00 µg
Beta Cryptoxanthin	0.00 µg	0.00 µg
Thiamin	0.20 mg	0.36 mg
Riboflavin	0.04 mg	0.08 mg
Niacin	2.68 mg	4.74 mg
Pantothenic Acid	0.33 mg	0.58 mg
Vitamin B6	0.13 mg	0.23 mg
Dietary Folate Equivalents	0.00 µg	0.00 µg
Food Folate	0.00 µg	0.00 µg

	PER 100G	PER 177G
Folate	18.31 µg	32.41 µg
Vitamin B12	trace	trace
Vitamin C	trace	trace
Vitamin D IU	0.00 IU	0.00 IU
Vitamin D MCG	0.00 µg	0.00 µg
Vitamin E	0.60 mg	1.07 mg
Biotin	1.61 µg	2.84 µg
Vitamin K	1.49 µg	2.63 µg
Calcium	69.01 mg	122.14 mg
Chloride	185.18 mg	327.77 mg
Choline	0.00 µg	0.00 µg
Copper	0.11 mg	0.20 mg
Iodine	0.06 µg	0.11 µg
Iron	1.40 mg	2.47 mg
Magnesium	16.64 mg	29.45 mg
Manganese	0.49 mg	0.87 mg
Nitrogen	1.14 g	2.01 g
Phosphorus	82.48 mg	145.99 mg
Potassium	126.80 mg	224.44 mg
Selenium	2.11 µg	3.74 µg
Tryptophan/60	1.42 mg	2.51 mg
Zinc	0.51 mg	0.90 mg
Ash	0.00 g	0.00 g
Cholesterol	0.00 mg	0.00 mg
Lutein Zeaxanthin	0.00 µg	0.00 µg
Lycopene	0.00 µg	0.00 µg
Water	0.00 g	0.00 g

Reviewed on 3 November 2026. Values per 100 g and per 177 g serving.