

Avocado Chicken Sandwich

Nutrition Facts

Serving size (190g)

Amount Per Serving

Calories **334**

% DV*

Total Fat 15.3g **20%**

Saturated Fat 5.4g **27%**

Trans Fat 0g

Cholesterol 40.3mg **13%**

Sodium 336.7mg **15%**

Total Carbohydrates 30.4g **11%**

Dietary Fiber 7.9g **28%**

Total Sugar 4.8g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 20.7g

Vitamin D 0mcg 0%

Calcium 67.2mg 5%

Iron 1.8mg 10%

Potassium 607mg 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.

Contains: Soy, Egg, Gluten

Foul Medames with Khubus

Nutrition Facts

Serving size (310g)

Amount Per Serving

Calories **357**

% DV*

Total Fat 13.6g **17%**

Saturated Fat 2.6g **13%**

Trans Fat 0g

Cholesterol 124.8mg **42%**

Sodium 798.3mg **35%**

Total Carbohydrates 42.1g **15%**

Dietary Fiber 8.5g **30%**

Total Sugar 4.4g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 16.8g

Vitamin D 0.8mcg 4%

Calcium 106.5mg 8%

Iron 3.2mg 18%

Potassium 313.7mg 7%

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Contains: Egg, Gluten

Grilled Halloumi Sandwich

Nutrition Facts

Serving size (200g)

Amount Per Serving

Calories **401**

% DV*

Total Fat 23.2g **30%**

Saturated Fat 9.5g **48%**

Trans Fat 0g

Cholesterol 56.4mg **19%**

Sodium 969.1mg **42%**

Total Carbohydrates 28.7g **10%**

Dietary Fiber 5.3g **19%**

Total Sugar 4.4g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 19.7g

Vitamin D 0mcg 0%

Calcium 463.6mg 36%

Iron 1.8mg 10%

Potassium 244.9mg 5%

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Contains: Dairy, Gluten

Labneh Zatar Sandwich

Nutrition Facts

Serving size (240g)

Amount Per Serving

Calories **333**

% DV*

Total Fat 14.5g **19%**

Saturated Fat 4.8g **24%**

Trans Fat 0g

Cholesterol 123.3mg **41%**

Sodium 463.5mg **20%**

Total Carbohydrates 33.6g **12%**

Dietary Fiber 5g **18%**

Total Sugar 5.2g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 17.8g

Vitamin D 0.8mcg 4%

Calcium 239.1mg 18%

Iron 2.3mg 13%

Potassium 295.3mg 6%

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Contains: Egg, Gluten

Little Millet Uthappam

Nutrition Facts

Serving size (230g)

Amount Per Serving

Calories **440**

% DV*

Total Fat 19.4g **25%**

Saturated Fat 3.5g **17%**

Trans Fat 0g

Cholesterol 127mg **42%**

Sodium 268.6mg **12%**

Total Carbohydrates 31.5g **11%**

Dietary Fiber 13.8g **49%**

Total Sugar 8.2g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 18.9g

Vitamin D 0.8mcg 4%

Calcium 63.4mg 5%

Iron 2.2mg 12%

Potassium 507.1mg 11%

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Contains: Egg, Peanut, Gluten

Multigrain Cinnamon Pancake

Nutrition Facts

Serving size (190g)

Amount Per Serving

Calories **448**

% DV*

Total Fat 19.6g **25%**

Saturated Fat 2.7g **13%**

Trans Fat 0g

Cholesterol 155.5mg **52%**

Sodium 100.7mg **4%**

Total Carbohydrates 56.5g **21%**

Dietary Fiber 7.3g **26%**

Total Sugar 8.5g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 14.4g

Vitamin D 1.6mcg 8%

Calcium 204.8mg 16%

Iron 3.7mg 21%

Potassium 391.1mg 8%

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Contains: Dairy, Egg, Gluten

Nutty Oats poridge

Nutrition Facts

Serving size (300g)

Amount Per Serving

Calories **457**

% DV*

Total Fat 24.3g **31%**

Saturated Fat 3.1g **16%**

Trans Fat 0g

Cholesterol 100mg **33%**

Sodium 164.6mg **7%**

Total Carbohydrates 44.6g **16%**

Dietary Fiber 4.5g **16%**

Total Sugar 7.2g

Added Sugars 0.2g **0%**

Sugar Alcohol 0g **0%**

Protein 18.5g

Vitamin D 1.9mcg 10%

Calcium 261.9mg 20%

Iron 3.3mg 18%

Potassium 613mg 13%

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Contains: Dairy, Treenut, Oats, Egg

Palak Paneer Roti

Nutrition Facts

Serving size (280g)

Amount Per Serving

Calories **402**

% DV*

Total Fat 17.9g **23%**

Saturated Fat 8.4g **42%**

Trans Fat 0g

Cholesterol 37mg **12%**

Sodium 252.9mg **11%**

Total Carbohydrates 44.8g **16%**

Dietary Fiber 9.8g **35%**

Total Sugar 3.4g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 19.9g

Vitamin D 0mcg 0%

Calcium 335.2mg 26%

Iron 3.8mg 21%

Potassium 874.8mg 19%

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Contains: Dairy, Gluten

Power Grain Upma

Nutrition Facts

Serving size (200g)

Amount Per Serving

Calories **344**

% DV*

Total Fat 12.8g **16%**

Saturated Fat 2.4g **12%**

Trans Fat 0g

Cholesterol 119.1mg **40%**

Sodium 71.5mg **3%**

Total Carbohydrates 49.5g **18%**

Dietary Fiber 28.7g **102%**

Total Sugar 1.4g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 18.6g

Vitamin D 0.8mcg 4%

Calcium 85.3mg 7%

Iron 7mg 39%

Potassium 941.5mg 20%

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Contains: Egg, Gluten

Shakshuka with Brown khubus

Nutrition Facts

Serving size (330g)

Amount Per Serving

Calories **398**

% DV*

Total Fat 16.6g **21%**

Saturated Fat 5.1g **25%**

Trans Fat 0g

Cholesterol 201.7mg **67%**

Sodium 1500.3mg **65%**

Total Carbohydrates 35.7g **13%**

Dietary Fiber 7.5g **27%**

Total Sugar 2.8g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 25.4g

Vitamin D 1.2mcg 6%

Calcium 96.1mg 7%

Iron 3.5mg 20%

Potassium 554.5mg 12%

* 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.

Contains: Egg, Gluten

Spinach Egg Omelet with Cheese

Nutrition Facts

Serving size (210g)

Amount Per Serving

Calories **362**

% DV*

Total Fat 18.5g **24%**

Saturated Fat 5.3g **26%**

Trans Fat 0g

Cholesterol 244.4mg **81%**

Sodium 387.4mg **17%**

Total Carbohydrates 29.8g **11%**

Dietary Fiber 5.4g **19%**

Total Sugar 3.9g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 19.3g

Vitamin D 1.4mcg 7%

Calcium 198.5mg 15%

Iron 3.4mg 19%

Potassium 484.3mg 10%

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Contains: Dairy, Egg, Gluten

Vegan Protien Dosa

Nutrition Facts

Serving size (200g)

Amount Per Serving

Calories **397**

% DV*

Total Fat 14.1g **18%**

Saturated Fat 2.3g **12%**

Trans Fat 0g

Cholesterol 82.5mg **28%**

Sodium 563.8mg **25%**

Total Carbohydrates 35.2g **13%**

Dietary Fiber 15g **53%**

Total Sugar 9g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 19.9g

Vitamin D 0.5mcg 3%

Calcium 70.8mg 5%

Iron 3.3mg 19%

Potassium 432.2mg 9%

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Contains: Egg, Peanut

Vegi Paneer Oats Upma

Nutrition Facts

Serving size (200g)

Amount Per Serving

Calories **420**

% DV*

Total Fat 17.9g **23%**

Saturated Fat 6.8g **34%**

Trans Fat 0g

Cholesterol 97.7mg **33%**

Sodium 458.7mg **20%**

Total Carbohydrates 41.2g **15%**

Dietary Fiber 12.1g **43%**

Total Sugar 3.4g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 20.6g

Vitamin D 0.4mcg 2%

Calcium 160.7mg 12%

Iron 2.2mg 12%

Potassium 424.2mg 9%

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Contains: Egg, Oats, Mustard

Vegetable Millet Upma

Nutrition Facts

Serving size (200g)

Amount Per Serving

Calories **424**

% DV*

Total Fat 14.2g **18%**

Saturated Fat 3.3g **16%**

Trans Fat 0.1g

Cholesterol 279.8mg **93%**

Sodium 1350.6mg **59%**

Total Carbohydrates 50.9g **19%**

Dietary Fiber 9g **32%**

Total Sugar 13.2g

Added Sugars 0g **0%**

Sugar Alcohol 0g **0%**

Protein 18.2g

Vitamin D 1.5mcg 7%

Calcium 85.7mg 7%

Iron 3.3mg 19%

Potassium 318.6mg 7%

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Contains: Egg