

Agni & Olives Nutrition Information

Butter Chicken Rice Platter

Nutrition Facts	
Portion Size	454 g
Amount Per Portion	
Calories	508
% Daily Value *	
Total Fat 16g	21 %
Saturated Fat 7.3g	36 %
Cholesterol 100mg	33 %
Sodium 798mg	35 %
Total Carbohydrate 62g	23 %
Dietary Fiber 3.6g	13 %
Sugar 3.6g	
Protein 31g	62 %
Calcium 73mg	6 %
Iron 2mg	11 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

Chicken Rice Platter

Nutrition Facts	
Portion Size	253 g
Amount Per Portion	
Calories	217
% Daily Value *	
Total Fat 8.3g	11 %
Saturated Fat 1.1g **	6 %
Sodium 556mg **	24 %
Total Carbohydrate 25g **	9 %
Dietary Fiber 1.1g **	4 %
Sugar 1g **	
Protein 9.8g	20 %
Vitamin D 0mcg **	0 %
Calcium 15mg **	1 %
Iron 0.8mg **	4 %
Potassium 147mg **	3 %

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** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

Beef & Lamb Gyro

Nutrition Facts	
Portion Size	198 g
Amount Per Portion	
Calories	354
% Daily Value *	
Total Fat 8.2g	11 %
Saturated Fat 1.9g	10 %
Cholesterol 53mg	18 %
Sodium 626mg	27 %
Total Carbohydrate 55g	20 %
Dietary Fiber 1.8g	6 %
Sugar 1.1g	
Protein 15g	30 %
Vitamin D 0.2mcg	1 %
Calcium 24mg	2 %
Iron 1.1mg	6 %
Potassium 242mg	5 %

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Chicken Gyro

Nutrition Facts	
Portion Size	88 g
Amount Per Portion	
Calories	330
% Daily Value *	
Total Fat 20g	26 %
Saturated Fat 4g	20 %
Cholesterol 30mg	10 %
Sodium 320mg	14 %
Total Carbohydrate 26g	9 %
Dietary Fiber 1g	4 %
Sugar 2g	
Protein 10g	20 %
Calcium 60mg	5 %
Iron 1.4mg	8 %

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Panner Butter Masala Rice Platter

Nutrition Facts	
Portion Size	225 g
Amount Per Portion	
Calories	455
% Daily Value *	
Total Fat 27g	35 %
Saturated Fat 9g	45 %
Cholesterol 25mg	8 %
Sodium 891mg	39 %
Total Carbohydrate 44g	16 %
Dietary Fiber 2.9g	10 %
Sugar 4g	
Protein 9g	18 %
Calcium 70mg	5 %
Iron 1.4mg	8 %

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Beef & Lamb Rice Platter

Nutrition Facts	
Portion Size	454 g
Amount Per Portion	
Calories	780
% Daily Value *	
Total Fat 24g	31 %
Saturated Fat 10g	50 %
Cholesterol 68mg	23 %
Sodium 680mg	30 %
Total Carbohydrate 104g	38 %
Dietary Fiber 8.2g	29 %
Sugar 6g	
Protein 38g	76 %
Calcium 82mg	6 %
Iron 7.2mg	40 %

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Hummus & Pita with Falafel

Nutrition Facts	
Portion Size	233 g
Amount Per Portion	
Calories	731
	% Daily Value *
Total Fat 42g	54 %
Saturated Fat 6g	30 %
Sodium 1089mg	47 %
Total Carbohydrate 75g	27 %
Dietary Fiber 9.1g **	32 %
Sugar 2.6g **	
Protein 18g	36 %
Vitamin D 0mcg **	0 %
Calcium 151mg **	12 %
Iron 5.9mg **	33 %
Potassium 511mg **	11 %

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** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.

Butter Chicken Wrap

Nutrition Facts	
Portion Size	690 g
Amount Per Portion	
Calories	830
	% Daily Value *
Total Fat 0.6g **	1 %
Saturated Fat 0.1g **	0 %
Sodium 9085mg **	395 %
Total Carbohydrate 157g **	57 %
Dietary Fiber 5.5g **	20 %
Sugar 6.7g **	
Protein 25g **	50 %
Vitamin D 0mcg **	0 %
Calcium 127mg **	10 %
Iron 10mg **	56 %
Potassium 831mg **	18 %

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** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.