

Bikanervala Guest Menu Nutrition Information – Nov 3rd

Vegetable Manchurian (Serving Size: 1 cup)

Nutrient	Amount per Serving
Calories	210 kcal
Total Fat	9 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	720 mg
Total Carbohydrates	28 g
Dietary Fiber	3 g
Sugars	4 g
Protein	6 g

Vegetable Noodles (Serving Size: 1 cup)

Nutrient	Amount per Serving
Calories	230 kcal
Total Fat	7 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	650 mg
Total Carbohydrates	35 g
Dietary Fiber	3 g
Sugars	3 g
Protein	6 g

Vegetable Fried Rice (Serving Size: 1 cup)

Nutrient	Amount per Serving
Calories	250 kcal
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	680 mg
Total Carbohydrates	40 g
Dietary Fiber	2 g
Sugars	2 g
Protein	5 g

Bikanervala Guest Menu Nutrition Information – Nov 20th

Kadai Paneer (Serving Size: 1 serving spoon (~150g))

Nutrient	Amount per Serving
Calories	260 kcal
Total Fat	18 g
Saturated Fat	6 g
Trans Fat	0 g
Cholesterol	25 mg
Sodium	620 mg
Total Carbohydrates	10 g
Dietary Fiber	2 g
Sugars	4 g
Protein	12 g

Plain Rice (Serving Size: 1 serving spoon (~150g))

Nutrient	Amount per Serving
Calories	190 kcal
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	2 mg
Total Carbohydrates	42 g
Dietary Fiber	1 g
Sugars	0 g
Protein	4 g

Garlic Butter Naan (Serving Size: ¼ piece)

Nutrient	Amount per Serving
Calories	120 kcal
Total Fat	4 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	5 mg
Sodium	180 mg
Total Carbohydrates	18 g
Dietary Fiber	1 g
Sugars	1 g
Protein	3 g

Dal Makhani (Serving Size: 1 serving spoon (~150g))

Nutrient	Amount per Serving
Calories	230 kcal
Total Fat	10 g
Saturated Fat	5 g
Trans Fat	0 g
Cholesterol	20 mg
Sodium	540 mg
Total Carbohydrates	24 g
Dietary Fiber	6 g
Sugars	4 g
Protein	10 g