

# Tikka Masala Vegetarian

## Nutrition Facts

Serving Size: 1/3 Chickpeas & Sauce  
(0.0g)

Servings Per Container: 3

### Amount Per Serving

**Calories** 240                      Calories from Fat 25

**% Daily Value\***

**Total Fat** 2.5g                      **4%**

Saturated Fat 0.5g                      **3%**

Trans Fat 0g

**Cholesterol** <5mg                      **1%**

**Sodium** 1280mg                      **53%**

**Total Carbohydrate** 43g                      **14%**

Dietary Fiber 8g                      **32%**

Sugars 4g

Sugar Alcohol 0g

**Protein** 11g

Vitamin A 4%                      •                      Vitamin C 20%

Calcium 10%                      •                      Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

CONTAINS: MILK

VALUES ARE FOR ENTREE AND DO NOT INCLUDE VALUES FOR SIDE ITEMS (RICE, PASTA, POTATOES, ETC).

MODIFICATIONS TO THE ORIGINAL RECIPE (LOW SODIUM, INGREDIENT SUBSTITUTIONS, ETC) WILL GREATLY ALTER THESE NUTRITIONAL FACTS