AUTHENTIC TANDOORI NAAN

✓ **Baked in the <u>only</u> commercial Tandoor Oven in the world – a cooking method which dates back many centuries**
✓ **Prepared with Ghee (clarified butter) and fresh buttermilk, following a traditional Indian recipe**
✓ **Natural ingredients – no additives or artificial preservatives**
✓ **Hand-stretched**
✓ **Perfect for appetizers, dipping, wraps, pizza, Panini and as a Naanwich™**

AVAILABLE IN 2 FORMATS
8" Round in 3 varieties: Original, Garlic and Whole Grain – ideal for wraps
Traditional Teardrop Shape in 3 varieties: Original, Garlic and Whole Grain

HANDLING INSTRUCTIONS

Thaw in the refrigerator overnight (12 hours) or for 3 – 4 hours at room temperature in the plastic bag
For Panini – use two Naan with your favorite filling, or one Naan folded Quesadilla style with your favorite filling
For Wraps – fill room temperature Naan with fillings (keeping the filling towards the middle) and roll, slice and serve

PREP INSTRUCTIONS

CONVECTION OVEN – Preheat convection oven to 400°F (200°C). Sprinkle or mist Naan lightly with water (a small spray bottle works the best), or brush lightly with olive oil. Heat for 1-2 minutes or until hot and serve immediately.

BARBECUE OR GRILL – Preheat grill to medium (350°F). Sprinkle or mist Naan lightly with water (a small spray bottle works the best), or brush lightly with olive oil. Grill for 1 – 2 minutes, turning until heated through, serve immediately.

GAS STOVE TOP – Turn gas burner to med low heat. Sprinkle or mist Naan lightly with water (a small spray bottle works the best), or brush lightly with olive oil. Place directly on the gas burner. Turn Naan approximately every 20 seconds, rotating it on the same side around the burner. Heat for 60 seconds and then repeat procedure on other side. Serve immediately.

For superior results, MICROWAVE OVEN NOT RECOMMENDED.

Round – Original

Nutrition Facts
Serving Size 1 Naan (100g)

Amount Per Serving	
Calories 280	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 880mg	37%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 8g	

Vitamin A 0% • Vitamin C 0%
Calcium 8% • 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
Saturated 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

Round - Garlic

Nutrition Facts
Serving Size 1/2 Naan (100g)

Amount Per Serving	
Calories 280	Calories from Fat 60
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 730mg	30%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 8g	

Vitamin A 0% • Vitamin C 2%
Calcium 8% • 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
Saturated 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

Round – Whole Grain

Nutrition Facts
Serving Size 1 Naan (100g)

Amount Per Serving	
Calories 270	Calories from Fat 80
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 640mg	27%
Total Carbohydrate 44g	15%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 8g	

Vitamin A 0% • Vitamin C 0%
Calcium 6% • 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
Saturated 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

Teardrop - Original

Nutrition Facts
Serving Size 1/2 Naan (63g)

Amount Per Serving	
Calories 180	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 490mg	20%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 10%

*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
Saturated 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

Teardrop – Garlic

Nutrition Facts
Serving Size 1/2 Naan (63g)

Amount Per Serving	
Calories 180	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 460mg	19%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 10%

*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
Saturated 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

Teardrop – Whole Grain

Nutrition Facts
Serving Size 1/2 Naan (63g)

Amount Per Serving	
Calories 160	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 400mg	17%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 10%

*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
Saturated 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

SERVING SUGGESTIONS • use warm Naan sliced into strips in your bread basket • top Naan with fillings, add a second Naan and press in a Panini grill • gently warm Naan and brush with melted butter and serve with traditional Indian curry • gently warm Naan, brush with garlic butter and serve with pasta or chili, top with shredded cheese and melt for Cheesy Garlic Bread Naan • top Naan with a light amount of sauce and toppings, bake in the oven or on a pizza stone • use warm Naan and wrap it around any filling • top Naan with tuna or salmon and cheese, grill and serve • warm Naan, cut into strips and serve with dip • use two warm Naan for the ultimate Naanwich™ • cut warm Naan into small pieces and use in place of croutons for any salad • lightly toast Naan and top with scrambled eggs

INGREDIENTS

ROUND ORIGINAL – Unbleached enriched wheat flour (wheat flour, ascorbic acid added as dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), buttermilk (skim milk, dry buttermilk, bacterial culture), water, soybean and/or canola oil, sugar, eggs, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, ghee (clarified butter), enzymes, yeast, vinegar

ROUND GARLIC – Unbleached enriched wheat flour (wheat flour, ascorbic acid as dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), buttermilk (skim milk, dry buttermilk, bacterial culture), filtered water, canola and/or soybean oil, roasted garlic, eggs, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, dextrose, ghee (clarified butter), cilantro leaves, dextrin, vinegar, carrot fiber, yeast

ROUND WHOLE GRAIN – Stone ground whole wheat flour, enriched wheat flour (flour, ascorbic acid as dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, microbial enzymes, folic acid), buttermilk (skim milk, dry buttermilk, bacterial culture), filtered water, soybean and/or canola oil, wheat bran, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, ghee (clarified butter), wheat germ, acacia gum, vinegar, yeast, guar gum, amylase, ascorbic acid

TEARDROP ORIGINAL – Unbleached enriched wheat flour (wheat flour, ascorbic acid as dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), buttermilk (skim milk, dry buttermilk, bacterial culture), filtered water, canola and/or soybean oil, eggs, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, dextrose, ghee (clarified butter), dextrin, vinegar, carrot fiber, yeast

TEARDROP GARLIC – Unbleached enriched wheat flour (wheat flour, ascorbic acid as dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, enzymes, folic acid), buttermilk (skim milk, dry buttermilk, bacterial culture), filtered water, canola and/or soybean oil, roasted garlic, eggs, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, dextrose, ghee (clarified butter), cilantro leaves, dextrin, vinegar, carrot fiber, yeast

TEARDROP WHOLE GRAIN – Stone ground whole wheat flour, enriched wheat flour (flour, ascorbic acid as dough conditioner, niacin, reduced iron, thiamine mononitrate, riboflavin, microbial enzymes, folic acid), buttermilk (skim milk, dry buttermilk, bacterial culture), filtered water, canola and/or soybean oil, wheat bran, sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt, dextrose, ghee (clarified butter), wheat germ, dextrin, vinegar, carrot fiber, yeast

FGF BRANDS

475 North Rivermede Road
Concord, ON L4K 3N1

Telephone – 905-761-3333
Fax – 905-761-3337
www.fgfbrands.com

ITEM	PRODUCT CODE	GTIN	UNIT WEIGHT	CASE PACK
Round Naan – Original	0839	108 76681 00839 3	3.5 oz	6 x 8
Round Naan – Garlic	734	108 76681 00734 1	3.5 oz	6 x 8
Round Naan – Whole Grain	744	108 76681 00744 0	3.5 oz	6 x 8
Teardrop Naan – Original	782	108 76681 00782 2	4.4 oz	6 x 8
Teardrop Naan – Garlic	783	108 76681 00783 9	4.4 oz	6 x 8
Teardrop Naan – Whole Grain	785	108 76681 00785 3	4.4 oz	6 x 8