



Rosemary & chilli naan



Vegetarian



Vegan



Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tsp rosemary chopped
- ☐ 1 to 5 chillies red deseeded finely chopped
- ☐ 1 tbsp olive oil
- ☐ 2 large naan breads

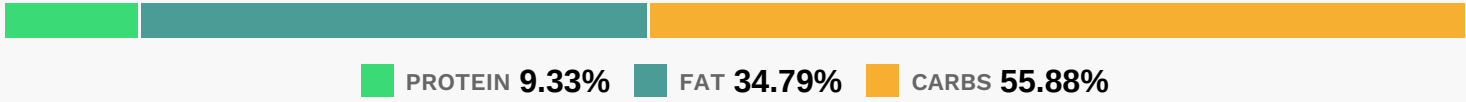
Equipment

- ☐ grill

Directions

- ☐ Heat the grill to hot.
- ☐ Mix chopped rosemary leaves with the red chilli and stir in olive oil.
- ☐ Drizzle 2 large naans with 1 tbsp water and spread over the rosemary mix. Grill for 2–3 mins until golden, then serve.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:0.42, Inflammation Score:-2, Nutrition Score:2.2413043363587%

Nutrients (% of daily need)

Calories: 223.67kcal (11.18%), Fat: 8.49g (13.07%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 29.41g (10.69%), Sugar: 2.58g (2.87%), Cholesterol: 4.96mg (1.65%), Sodium: 424.69mg (18.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.25%), Vitamin C: 16.35mg (19.82%), Fiber: 1.29g (5.15%), Calcium: 44.82mg (4.48%), Vitamin E: 0.58mg (3.88%), Vitamin K: 3.68µg (3.51%), Vitamin B6: 0.06mg (3.11%), Vitamin A: 116.48IU (2.33%), Manganese: 0.03mg (1.33%), Iron: 0.22mg (1.24%), Potassium: 39.13mg (1.12%)