

QATAR LTO Nutritionals

| Portion | Serving Size (mL/g) | Calories | Total Fat (g) | Sat Fat (g) | Trans fat (g) | Cholesterol (mg) | Sodium(mg) | Carbs | Fibre | Sugar (g) | Protein(g) | Vitamin A %DV | Vitamin C %DV | Calcium %DV | Iron %DV |
|------------------------------------|---------------------|---------------|---------------|-------------|---------------|------------------|----------------|--------------|-------------|-------------|--------------|---------------|---------------|--------------|--------------|
| Chicken Breast | 85.00 | 102.00 | 2.55 | 0.85 | 0.00 | 68.00 | 255.00 | 0.85 | 0.00 | 0.00 | 19.55 | 1.70 | 1.70 | 0.00 | 1.70 |
| Red Onions | 28.00 | 8.24 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 1.98 | 0.66 | 1.65 | 0.33 | 0.00 | 3.29 | 0.66 | 0.66 |
| Tomatoes | 28.00 | 4.94 | 0.00 | 0.00 | 0.00 | 0.00 | 3.29 | 0.99 | 0.33 | 0.66 | 0.33 | 1.98 | 8.24 | 0.66 | 0.66 |
| Shawarma Seasoning | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 100.00 | 1.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| Special Sauce | 15.00 | 97.00 | 13.80 | 1.05 | 0.21 | 0.00 | 240.00 | 0.00 | 0.00 | 0.00 | 0.30 | 0.10 | 0.10 | 0.00 | 0.00 |
| Hummus | 40.00 | 93.33 | 6.00 | 0.67 | 0.00 | 0.00 | 120.00 | 5.33 | 2.67 | 1.33 | 2.67 | 0.00 | 0.00 | 2.67 | 8.00 |
| Romaine | 28.00 | 4.94 | 0.00 | 0.00 | 0.00 | 0.00 | 1.65 | 0.99 | 0.66 | 0.33 | 0.33 | 23.06 | 1.98 | 0.66 | 1.98 |
| Rice | 56.70 | 45.00 | 0.38 | 0.00 | 0.00 | 0.00 | 0.00 | 9.00 | 0.50 | 0.00 | 1.00 | 0.00 | 0.00 | 0.00 | 1.00 |
| Cucumbers | 28.00 | 3.29 | 0.00 | 0.00 | 0.00 | 0.00 | 39.53 | 0.66 | 0.33 | 0.33 | 0.33 | 0.66 | 2.64 | 0.66 | 0.66 |
| Carrots | 28.00 | 11.53 | 0.00 | 0.00 | 0.00 | 0.00 | 21.41 | 2.64 | 0.66 | 1.65 | 0.33 | 39.53 | 3.29 | 0.66 | 0.66 |
| Feta | 28.00 | 84.00 | 6.53 | 4.20 | 0.19 | 23.33 | 382.67 | 1.87 | 0.00 | 0.00 | 3.73 | 3.73 | 0.00 | 9.33 | 0.00 |
| Garlic Sauce | 15.00 | 72.00 | 7.80 | 0.60 | 0.03 | 6.75 | 120.00 | 0.60 | 0.00 | 0.30 | 0.15 | 0.00 | 0.00 | 0.30 | 0.30 |
| Reg Toppings without Pita | 380.70 | 526.27 | 37.06 | 7.37 | 0.43 | 98.08 | 1283.55 | 25.90 | 5.80 | 6.25 | 29.05 | 70.76 | 21.24 | 15.59 | 15.61 |
| Reg WHITE Pita | 465.70 | 756.27 | 38.06 | 7.57 | 0.43 | 98.08 | 1963.55 | 70.90 | 7.80 | 8.25 | 38.05 | 70.76 | 21.24 | 16.59 | 36.61 |
| w rice | 607.50 | 706.27 | 38.56 | 7.37 | 0.43 | 98.08 | 1283.55 | 61.90 | 7.80 | 6.25 | 33.05 | 70.76 | 21.24 | 15.59 | 19.61 |
| salad | 410.70 | 556.27 | 37.06 | 7.37 | 0.43 | 98.08 | 1285.20 | 26.23 | 5.97 | 6.41 | 29.21 | 71.42 | 22.22 | 15.92 | 16.27 |
| Small Toppings without Pita | 190.35 | 263.14 | 18.53 | 3.68 | 0.21 | 49.04 | 641.77 | 12.95 | 2.90 | 3.12 | 14.52 | 35.38 | 10.62 | 7.80 | 7.81 |
| Small White Pita | 252.35 | 423.14 | 19.03 | 3.78 | 0.21 | 49.04 | 1101.77 | 44.95 | 4.90 | 5.12 | 20.52 | 35.38 | 10.62 | 8.80 | 21.81 |
| w rice | 303.75 | 353.14 | 19.28 | 3.68 | 0.21 | 49.04 | 641.77 | 30.95 | 3.90 | 3.12 | 16.52 | 35.38 | 10.62 | 7.80 | 9.81 |
| salad | 220.35 | 293.14 | 18.53 | 3.68 | 0.21 | 49.04 | 643.42 | 13.28 | 3.07 | 3.29 | 14.69 | 36.04 | 11.61 | 8.13 | 8.46 |