

Product: **Cheez Puffs**

**NUTRITIONAL INFORMATION (APPROX.):**

		Per 100g	Per serve (30g)
Energy	kcal	513	154
Protein	g	7.7	2.3
Total Carbohydrate	g	57.5	17.3
of which Sugars*	g	5.4	1.6
Total Fat	g	28.0	8
Sodium	mg	770	231

Total Trans Fat content not more than 0.1 per cent by weight.

Total Saturated Fat content not more than 13.0 per cent by weight.

**Ingredients:**

Corn Meal, Edible Vegetable Oil, Gram Meal, Sugar, Salt, Milk Solids, Starch, Cheese Powder (0.4%), Calcium Carbonate, \*\*Spices & Condiments, (Pepper Powder, Capsicum Powder, Clove Powder), Citric Acid.

CONTAINS ADDED FLAVOUR (NATURAL AND NATURE IDENTICAL FLAVOURING SUBSTANCES)

- Vegetarian
- No added MSG
- Trans fat free #
- No artificial flavouring

\* Total sugars

\*\* Used as natural flavouring agent.

# The term "Trans-fat free" means where trans-fat is less than 0.2 g per serving of food [Regulation No. 2.2.2 (3) proviso 2, of The Indian Food Safety and Standards (Packaging and Labeling) Regulation, 2011]. As per the globally accepted norm, serving size for Namkeen is considered as 30g