

Product: **Classic Elaichi & Raisins**

NUTRITIONAL INFORMATION (APPROX.):

		Per 100g	Per serve (40g)
Energy	Kcal	396	158
Protein	g	10.7	4.3
Total Carbohydrate	g	72.5	29.0
of which Sugars*	g	14.5	5.8
Total Fat	g	7.0	2.8
Saturated Fat	g	1.5	0.6
MUFA	g	2.6	1.0
PUFA	g	2.7	1.1
Trans Fat	g	0.0	0.0
Cholesterol	mg	0.0	0.0
Total Dietary Fibre	g	8.3	3.3
Soluble Fibre	g	2.9	1.2
Insoluble Fibre	g	5.4	2.2
Sodium	mg	10.9	4.4

Total Trans Fat content not more than 0.05 per cent by weight.

Total Saturated Fat content not more than 1.5 per cent by weight.

Ingredients:

Oats (75%), Sugar, Raisins (7.7%), Green Cardamom Powder (0.8%), Whey Powder, Edible Vegetable Oil, Calcium Carbonate.

CONTAINS ADDED FLAVOUR (NATURAL AND NATURE IDENTICAL FLAVOURING SUBSTANCES)

With Real Raisins

- Rich source of Dietary Fibre ^
- Energy to Keep you going+
- Vegetarian
- No added MSG
- No artificial flavouring
- Trans fat free #

* Total sugars

^ As per Codex Alimentarius Commission guidelines

+Whole Grains provide energy and are a source of dietary fibre.

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].