

Product: **Kesarflavour with Kishmish**

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**NUTRITIONAL INFORMATION (APPROX.):**

		Per 100g	Per serve (40g)
Energy	kcal	393	157
Protein	g	9.6	3.8
Total Carbohydrate	g	73.0	29.2
of which Sugars*	g	15.7	6.3
Total Fat	g	7.0	2.8
Saturated Fat	g	1.8	0.7
MUFA	g	3.1	1.2
PUFA	g	2.1	0.8
Trans Fat	g	0.0	0.0
Cholesterol	mg	0.0	0.0
Total Dietary Fibre	g	8.0	3.2
Soluble Fibre	g	3.0	1.2
Insoluble Fibre	g	5.0	2
Sodium	mg	10.6	4.2

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

Total Saturated Fat content not more than 1.8 per cent by weight.

**Ingredients:**

Oats (76%), Sugar, Raisins (4.5%), Wheat fiber, Spices and condiments (Turmeric powder, Cardamom powder, Saffron), Edible starch, Colour (160a(i))

CONTAINS PERMITTED NATURAL COLOUR AND ADDED FLAVOUR (NATURAL AND NATURE IDENTICAL FLAVOURING SUBSTANCES)

With Real Kishmish

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- 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].