



Product: **Lemony Veggie[‡] Mix**

NUTRITIONAL INFORMATION (APPROX.):

| | | Per 100g | Per Serve (40g) |
|--------------------|------|----------|-----------------|
| Energy | kcal | 381 | 152 |
| Protein | g | 10.5 | 4.2 |
| Total Carbohydrate | g | 67.1 | 26.8 |
| of which Sugars* | g | 2.4 | 1.0 |
| Total Fat | g | 7.8 | 3.1 |
| Dietary Fibre | g | 8.4 | 3.4 |
| Sodium | mg | 1940 | 776 |

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(78%),Salt,[‡]Vegetables (Green and Red capsicum 3.3%),Sugar,**Spices and condiments (Pepper powder, Dried curry leaves, Onion powder, Turmeric powder, Garlic powder, concentrated lime juice powder).

CONTAINS ADDED FLAVOUR (NATURAL AND NATURE IDENTICAL FLAVOURING SUBSTANCES)

With Real Capsicum

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

* Total sugars

**Used as natural flavouring agent

[^] As per Codex Alimentarius Commission guidelines

⁺Whole grains provide energy and are a source of a 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].