



Product: **Lemony Veggie<sup>‡</sup> 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,<sup>‡</sup>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 <sup>^</sup>
- Energy to Keep you going<sup>+</sup>
- Vegetarian
- No added MSG
- No artificial flavouring
- Trans fat free <sup>#</sup>

\* Total sugars

\*\*Used as natural flavouring agent

<sup>^</sup> As per Codex Alimentarius Commission guidelines

<sup>+</sup>Whole grains provide energy and are a source of a dietary fibre.

<sup>#</sup> 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].