

Product: **Mild Pepper & Dal**

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**NUTRITIONAL INFORMATION (APPROX.):**

		Per 100g	Per Serve (40g)
Energy	kcal	394	158
Protein	g	14.4	5.8
Total Carbohydrate	g	62.0	24.8
of which Sugars*	g	1.7	0.7
Total Fat	g	9.9	4.0
Dietary Fibre	g	9.6	3.8
Sodium	mg	1725	690

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

Total Saturated Fat content not more than 2.1 per cent by weight.

**Ingredients:**

Oats(79%), Moong Dal(8 %), Wheat Flour, Edible Vegetable Oil, Salt, \*\*Spices & Condiments (Cumin Seeds/Powder, Dried curry leaves, Ginger powder, Black pepper powder, Fenugreek Powder), Sugar.

CONTAINS ADDED FLAVOUR (NATURAL AND NATURE IDENTICAL FLAVOURING SUBSTANCES)

\*\*Used as natural flavouring agent

With Real Moong Dal

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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].