

Product: **NutriUpma- Homestyle**

NUTRITIONAL INFORMATION (APPROX.):

		Per 100g	Per Serve (65g)
Energy	kcal	410	267
Protein	g	11.8	7.7
Total Carbohydrate	g	70.1	45.6
of which Sugars*	g	3.4	2.2
Total Fat	g	9.2	6.0
Saturated Fat	g	2.0	1.3
MUFA	g	3.7	2.4
PUFA	g	3.3	2.1
Trans Fat	g	0.0	0.0
Cholesterol	mg	0.0	0.0
Dietary Fibre	g	6.1	4.0
Sodium	mg	1643	1068

Total Trans Fat content not more than 0.0 per cent by weight.

Total Saturated Fat content not more than 2.0 per cent by weight.

Ingredients:

Wheat Semolina Grits (41.3%), †Whole Wheat Semolina(30.4%), Edible Vegetable Oil, **Spices & Condiments(Onion Flakes & Powder, Mustard Seeds, Curry Leaves, Green Chilli Flakes & Powder, Ginger Powder,BlackPepper Whole), Salt, Oats Grits, Chana Dal, Sugar, Lemon Juice Powder (0.1%), Tomato Powder, Citric Acid.

CONTAINS ADDED FLAVOUR (NATURAL & NATURE IDENTICAL FLAVOURING SUBSTANCES)

**Used as natural flavouring agent

With Wholegrain[‡] Energy

- 30% Wholegrain
- Fibre Advantaged[^]
- Source of Protein[^]
- Zero Trans Fat
- Zero Cholesterol
- No Added Preservatives
- Made with Healthy Oil
- Vegetarian
- No added MSG
- No artificial flavouring
- Trans fat free[#]

* Total sugars

‡ Quaker NutriUpma contains whole wheat semolina.

[^] As per Codex Alimentarius Commission guidelines (Source of Fibre & Protein)

[#] 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].