

Product: **NutriPoha- Homestyle**

NUTRITIONAL INFORMATION (APPROX.):

		Per 100g	Per Serve (55g)
Energy	kcal	415	228
Protein	g	7.5	4.1
Total Carbohydrate	g	66.5	36.6
of which Sugars*	g	3.3	1.8
Total Fat	g	13.2	7.3
Saturated Fat	g	2.6	1.4
MUFA	g	5.0	2.8
PUFA	g	3.6	2.0
Trans Fat	g	0.0	0.0
Cholesterol	mg	0.0	0.0
Dietary Fibre	g	3.3	1.8
Sodium	mg	1206	663

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

Total Saturated Fat content not more than 2.6 per cent by weight.

Ingredients:

Rice Flakes (38.9%), †Recombined Brown Rice Product 30% (Rice Flake, Rice Bran), Edible Vegetable Oil, **Spices & Condiments (Onion Flakes & Powder, Chilli Flakes & Powder, Amchur Powder, Cumin Seeds & Powder, Mustard Seeds, Ginger Powder, Coriander Leaves, Fennel Powder, Curry Leaves, Asafoetida Powder), Peanuts, Oat Flakes, Salt, Sugar, Lemon Juice Powder(0.9%), Dried Peas, Citric Acid.

CONTAINS PERMITTED NATURAL COLOUR (100(i)) AND 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 NutriPoha contains recombined constituents of brown rice.

^ 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].