

## Bhel Mix Product Details

Net Weight: 250g (8.82oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		9 servings per pack
Amount per serving		% DV*
Calories	153	
Total Fat	8g	10%
Saturated Fat	4g	18%
Trans Fat	<0.1g	
Cholesterol	<0.1mg	<0.1%
Sodium	219mg	10%
Total Carbohydrate	17g	5%
Total Sugars	2g	
Includes added sugar	1g	2.3%
Fibre	2g	6%
Protein	3g	
Salt	0.55g	
Vitamin D		0%
Calcium		1%
Iron		12%
Potassium		2%
*The % Daily Value (DV) tells you how much a nutrient serving of food contributes to a daily diet. For general nutrition advice, 2000 calories a day is used.		

Ingredients	
Puffed Rice (27%), Chickpea Flour (30%) Edible Vegetable Oil (Palmolein) (31%), Sugar (5%), Edible Common Salt (2%), [Dehydrated Vegetable Powder (Garlic, Lime, Green Chilli, Onion, Tamarind)] (2%), [Acidity Regulator (E330), Flavour Enhancer (E635), Anticaking Agent (INS551)] (0.9%), [Natural & Nature Identical Flavouring Substances (Chilli, Lemon)] (0.1%)	
Spices & Condiments: Chilli, Cumin, Clove, cinnamon, Coriander, Dry Mango, Ginger, Cardamom, Black Pepper, <b>Mustard</b> , Fennel, Turmeric	2%

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	2251 KJ/538 kcal
Fat	27g
of which Saturates	13g
Carbohydrates	60g
of which Sugar	4g
Protein	9g
Sodium	773mg
Fibre	6g
Salt	1.93g

### Allergen Advice:

The product is made in a facility that processes Peanut, Tree Nuts, Soya, Sesame Seeds and Cereals