

Sev Murmura Product Details

Net Weight: 250g (8.82oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		9 servings per pack
Amount per serving		% DV*
Calories	150	
Total Fat	7g	11%
Saturated Fat	4g	18%
Trans Fat	<0.1g	
Cholesterol	<0.1mg	<0.1%
Sodium	170mg	7%
Total Carbohydrate	16g	5%
Dietary Fibre	2g	4%
Total Sugars	<1g	
Added Sugars	<1g	<1%
Protein	3g	
Vitamin D		0%
Calcium		2%
Iron		6%
Potassium		3%
*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 (50%), Chickpea Flour (24%) Edible Vegetable Oil (Palmolein) (21%), Rice Flour (3%), Iodized Salt (1%)	
Spices & Condiments (Turmeric, Chilli, Clove, Ginger, Asafoetida, Curry Leaves)	1%

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	2116 KJ/506 kcal
Fat	27.2g
of which Saturates	12.0g
Carbohydrates	56.3g
of which Sugar	1.2g
Sodium	548mg
Fibre	3.7g
Protein	8.9g
Salt	1.4g

Allergen Advice:

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