

Tikha Mitha Mix Product Details

Net Weight: 70g (2.47oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		1 serving per pack
Amount per serving		% DV*
Calories	163	
Total Fat	9.68g	15%
Saturated Fat	3.86g	18%
Trans Fat	0.04g	
Cholesterol	<0.5mg	<0.1%
Sodium	191mg	3%
Total Carbohydrate	13g	5%
Dietary Fibre	3.03g	12%
Total Sugars	2g	
Added Sugars	2.19g	6%
Protein	4g	
Salt	0.5g	
Vitamin D		<0.1%
Calcium		1%
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	
Potatoes (75%), Roasted Peanut (12%), Edible Vegetable Oil (Palm Olein) (10%), Sugar & Rock Salt (0.2%)	
Spices & Condiments (Chilli Powder [0.3%] , Coriander Powder, Cumin Powder, Turmeric Powder, Dry Mango Powder, Carom Seed, Ginger Powder, Clove Powder, Cinnamon, Cardamom, Nutmeg, Mace, Bay leaves)	2.8%

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	2397 KJ/573 kcal
Fat	34.2g
of which Saturates	13.6g
Carbohydrates	46.5g
of which Sugar	7.8g
Sodium	584mg
Fibre	10.71g
Protein	14.7g
Salt	1.7g

Allergen Advice:

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