

Homestyle Paratha Product Details

Net Weight: 360g (12.70oz)

Nutrition Facts		
Serving Size: 60g (2.12oz)		6 serving per pack
Amount per serving		% DV*
Calories	202.46kcal	10%
Total Fat	5.86g	9%
Saturated Fat	1.12g	5.61%
Trans Fat	<0.005g	
Cholesterol	<0.05mg	<0.01%
Sodium	185.05mg	7.71%
Total Carbohydrate	32.64g	10.88%
Total Sugars	1.81g	
Includes added sugar	<0.05g	<0.01%
Fibre	3.25g	13.01%
Protein	4.8g	<0.01%
Salt	0.47g	7.7%
Vitamin D		<0.005mg
Calcium		28.17mg
Iron		1.71mg
Potassium		149.9mg
*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
Wheat Flour (39%), Water (29%), Refined Wheat Flour (17%), Corn Oil (13%), Sugar, Edible Common Salt

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	1411.85KJ/337.44kcal
Fat	9.76g
of which Saturates	1.87g
Trans Fat	<0.1g
Carbohydrates	54.4g
of which Sugar	3.02g
Protein	8g
Sodium	308.42mg
Fibre	5.42g
Salt	0.78g

Allergen Advice:

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

Keep frozen at -18°C or below

Do not refreeze after thawing

Keep away from direct sunlight & heat

(please see next page for cooking instructions)

Cooking Instructions

1. Take the frozen paratha out of the bag. Place it on a preheated pan (Tawa)
2. Cook on medium heat for about 2 minutes
3. Gently move the paratha around on the pan using gentle & even pressure
4. Flip the paratha over and repeat the process until both sides are golden brown
5. Remove the paratha from the pan and serve hot

For best results, you can apply ghee/butter on top of the paratha before serving