

Malabari Paratha Product Details

Net Weight: 400g (14.11oz)

Nutrition Facts		
Serving Size: 80g (2.82oz)		5 serving per pack
Amount per serving		% DV*
Calories	286.97kcal	14%
Total Fat	9.59g	14.8%
Saturated Fat	1.61g	8.1%
Trans Fat	<0.005g	
Cholesterol	<0.05mg	<0.01%
Sodium	347.54mg	14.5%
Total Carbohydrate	45.57g	15.2%
Total Sugars	2.33g	
Includes added sugar	<0.05g	<0.01%
Fibre	4.97g	19.9%
Protein	4.59g	<0.01%
Salt	0.88g	14.5%
Vitamin D		<0.005mg
Calcium		10.71mg
Iron		14.05mg
Potassium		76.33mg
*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
Refined Wheat Flour (56%), Water (27%), Corn Oil (16%), Sugar, Edible Common Salt

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	1500.84KJ/358.71kcal
Fat	12g
of which Saturates	2.02g
Trans Fat	<0.1g
Carbohydrates	56.96g
of which Sugar	2.92g
Protein	5.74g
Sodium	434.43mg
Fibre	6.21g
Salt	1.1g

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 soft & 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