

Chana Dal Product Details

Net Weight: 200g (14.11oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		7 servings per pack
Amount per serving		% DV*
Calories	140	
Total Fat	6g	8%
Saturated Fat	3g	13%
Trans Fat	0.0g	
Cholesterol	0.0mg	0%
Sodium	140mg	6%
Total Carbohydrate	14g	4%
Dietary Fibre	4g	22%
Total Sugars	0g	
Added Sugars	0g	0%
Protein	7g	
Vitamin D		0%
Calcium		2%
Iron		6%
Potassium		4%
*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	
Chick Pea Splits (83%), Edible Vegetable Oil (Palm olein) (13.5%), Iodised Salt (0.5%), Black Salt (0.5%)	
Spices & Condiments (Chilli Powder [0.1%] , Coriander Powder, Cumin Powder, Turmeric Powder, Dry Mango Power, Clove Powder, Carom Seed, Ginger Powder, Cinnamon, Cardamom, Nutmeg, Mace, Bay Leaves)	2.5%

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	1989 KJ/476 kcal
Fat	20.2g
of which Saturates	8g
Carbohydrates	50.2g
of which Sugar	0.4g
Fibre	13.4g
Protein	23.2g
Salt	1.3g

Allergen Advice:

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