

Chana Dal Product Details

Net Weight: 400g (14.11oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		14 servings per pack
Amount per serving		% DV*
Calories	150	
Total Fat	6g	8%
Saturated Fat	3g	13%
Trans Fat	<0.1g	
Cholesterol	<0.1mg	<0.1%
Sodium	175mg	8%
Total Carbohydrate	15g	4%
Dietary Fibre	6g	22%
Total Sugars	0.3g	
Added Sugars	<0.1g	<0.1%
Protein	6g	11%
Vitamin D		<0.1%
Calcium		1%
Iron		9%
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	2221 KJ/531 kcal
Fat	22.8g
of which Saturates	9.1g
Carbohydrates	51.5g
of which Sugar	1.2g
Sodium	619mg
Fibre	21.3g
Protein	19.4g
Salt	1.5g

Allergen Advice:

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