

## Chana Jor Garam Product Details

Net Weight: 250g (8.82oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		9 serving per pack
Amount per serving		% DV*
Calories	142	
Total Fat	7g	11%
Saturated Fat	4g	20%
Trans Fat	<0.1g	
Cholesterol	<0.1mg	<0.1%
Sodium	284mg	12%
Total Carbohydrate	15g	5%
Total Sugars	<1g	
Includes added sugar	<1g	<1%
Fibre	4g	16%
Protein	4g	
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	
Chickpea (69%), Edible Vegetable Oil (Palm Olein) (24.5%), Iodised Salt (1.5%), Black Salt (1%)	
Spices & Condiments (Chilli [1.50%], Dry Mango, Turmeric, Clove, Carom Seed, Ginger, Cinnamon, Nutmeg, Mace, Bay Leaves)	4%

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	292 KJ/500 kcal
Fat	26.5g
of which Saturates	15.0g
Trans Fatty Acids	0.2g
Carbohydrates	52.5g
of which Sugar	0.4g
Protein	6.4g
Sodium	1000mg
Fibre	14.0g
Salt	2.5g

### Allergen Advice:

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