

Farali Chedvo Product Details

Net Weight: 190g (6.70oz)

Nutrition Facts			
Serving Size: 28.35g (1oz)		7 servings per pack	
Amount per serving		% DV*	
Calories	160		
Total Fat	10g	15%	
Saturated Fat	4g	18%	
Trans Fat	<0.1g		
Cholesterol	<0.1mg	<0.1%	
Sodium	80mg	3%	
Total Carbohydrate	14g	5%	
Dietary Fibre	3g	12%	
Total Sugars	3g		
Added Sugars	3g	6%	
Protein	2g		
Vitamin D		0%	
Calcium		1%	
Iron		3%	
Potassium		5%	

^{*}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			
Potatoes (75%), Roasted Peanut (12%), Edible Vegetable Oil (Palm olein) (10%),			
Sugar & Rock Salt (0.2%)			
Spices & Condiments (Chilli Powder [0.3 %], Coriander Powder,			
Cumin Powder, Turmeric Powder, Dry Mango Powder, Carom	2.8%		
Seed, Ginger Powder, Clove Powder, Cinnamon, Cardamom,	2.0%		
Nutmeg, Mace, Bay leaves)			

Nutrition Information		
Typical Value (approx.)	per 100g	
Energy	2342 KJ/560 kcal	
Fat	36.2g	
of which Saturates	13.0g	
Carbohydrates	49.8g	
of which Sugar	10.8g	
Sodium	584mg	
Fibre	9.6g	
Protein	8.7g	
Salt	0.7g	

Allergen Advice:

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