

Gathiya Product Details

Net Weight: 300g (10.58oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		1 serving per pack
Amount per serving		% DV*
Calories	160	
Total Fat	10g	15%
Saturated Fat	5g	23%
Trans Fat	0.0g	
Cholesterol	0.0mg	0%
Sodium	240mg	10%
Total Carbohydrate	13g	4%
Total Sugars	<1g	
Includes added sugar	0g	0%
Fibre	2g	8%
Protein	4g	
Vitamin D		0%
Calcium		2%
Iron		5%
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
Chickpea Flour (64%), Edible Vegetable Oil (Palm Olein) (33%), Iodised Salt (1.5%), Black Pepper Powder (0.6%), Carom Seeds (0.6%), Asafoetida (0.3%)

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	2316 KJ/554 kcal
Fat	35.7g
of which Saturates	15.0g
Carbohydrates	45.1g
of which Sugar	0.4g
Protein	12.8g
Sodium	860mg
Fibre	7.8g
Salt	2.2g

Allergen Advice:

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