

## Mung Dal Product Details

Net Weight: 200g (7.05oz)

Nutrition Facts		
Serving Size: 28.35g (1oz)		7 servings per pack
Amount per serving		% DV*
Calories	130	
Total Fat	5g	8%
Saturated Fat	3g	13%
Trans Fat	0.0g	
Cholesterol	0.0mg	0%
Sodium	115mg	5%
Total Carbohydrate	16g	5%
Dietary Fibre	3g	12%
Total Sugars	0g	
Added Sugars	0g	0%
Protein	6g	
Vitamin D		0%
Calcium		2%
Iron		4%
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
Green Gram Splits (84%), Edible Vegetable Oil (Palm olein) (15.2%), Iodised Salt (0.6%), Black Salt (0.2%)

Nutrition Information	
Typical Value (approx.)	per 100g
Energy	2356 KJ/563 kcal
Fat	37.7g
of which Saturates	16g
Carbohydrates	40.7g
of which Sugar	0.4g
Fibre	6.8g
Protein	15.3g
Salt	2.6g

### Allergen Advice:

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